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<https://www.calculator.net/body-fat-calculator.html?ctype=metric&csex=m&cage=42&cweightlbs=152&cheightfeet=5&cheightinch=10.5&cneckfeet=1&cneckinch=7.5&cwaistfeet=3&cwaistinch=1.5&chipfeet=2&chipinch=10.5&cweightkgs=120&cheightmeter=194&cneckmeter=37&cwaistmeter=126&chipmeter=113&x=20&y=11>

10/09/2019

Body Fat Calculator

US Units

Metric Units

Other Units

Gender ☒ male ☐ female
Age
Weight kg
Height cm
Neck cm
Waist cm
Hip cm

Calculate

Clear

Result

Body Fat: 38.1%

Body Fat (U.S. Navy Method)	38.1%
Body Fat Category	Obese
Body Fat Mass	45.7 kgs
Lean Body Mass	74.3 kgs
Ideal Body Fat for Given Age (Jackson & Pollard)	15.7%
Body Fat to Lose to Reach Ideal	26.8 kgs
Body Fat (BMI method)	31.7%

10/10/2019

Body Fat Calculator

US Units

Metric Units

Other Units

Gender ☒ male ☐ female
Age
Weight kg
Height cm
Neck cm
Waist cm
Hip cm

Calculate

Clear

Result

Body Fat: 34.6%

Body Fat (U.S. Navy Method)	34.6%
Body Fat Category	Obese
Body Fat Mass	40.0 kgs
Lean Body Mass	75.6 kgs
Ideal Body Fat for Given Age (Jackson & Pollard)	15.7%
Body Fat to Lose to Reach Ideal	21.8 kgs
Body Fat (BMI method)	30.3%

10/11/2019

Body Fat Calculator

US Units

Metric Units

Other Units

Gender

☒ male ☐ female

Age

42

Weight

112

kg

Height

194

cm

Neck

36

cm

Waist

118

cm

Hip

109

cm

Calculate

Clear

Result

Body Fat: 34.9%

34.9%

Essential

Athletes

Fitness

Average

Obese

Body Fat (U.S. Navy Method)	34.9%
Body Fat Category	Obese
Body Fat Mass	39.0 kgs
Lean Body Mass	73.0 kgs
Ideal Body Fat for Given Age (Jackson & Pollard)	15.7%
Body Fat to Lose to Reach Ideal	21.4 kgs
Body Fat (BMI method)	29.2%

From:

<http://www.daisy-street.fr/dokuwiki/> - HomeWiki

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Last update:

2019/11/11 09:31

