

Calculation of Lean Body Weight

HEIGHTcm	FEMALE kg	MALE kg	HEIGHT cm	FEMALE kg	MALE kg
130	27.0	32.0	166	59.4	64.4
131	27.9	32.9	167	60.3	65.3
132	28.8	33.8	168	61.2	66.2
133	29.7	34.7	169	62.1	67.1
134	30.6	35.6	170	63.0	68.0
135	31.5	36.5	171	63.9	68.9
136	32.4	37.4	172	64.8	69.8
137	33.3	38.3	173	65.7	70.7
138	34.2	39.2	174	66.6	71.6
139	35.1	40.1	175	67.5	72.5
140	36.0	41.0	176	68.4	73.4
141	36.9	41.9	177	69.3	74.3
142	37.8	42.8	178	70.2	75.2
143	38.7	43.7	179	71.1	76.1
144	39.6	44.6	180	72.0	77.0
145	40.5	45.5	181	72.9	77.9
146	41.4	46.4	182	73.8	78.8
147	42.3	47.3	183	74.7	79.7
148	43.2	48.2	184	75.6	80.6
149	44.1	49.1	185	76.5	81.5
150	45.0	50.0	186	77.4	82.4
151	45.9	50.9	187	78.3	83.3
152	46.8	51.8	188	79.2	84.2
153	47.7	52.7	189	80.1	85.1
154	48.6	53.6	190	81.0	86.0
155	49.5	54.5	191	81.9	86.9
156	50.4	55.4	192	82.8	87.8
157	51.3	56.3	193	83.7	88.7
158	52.2	57.2	194	84.6	89.6
159	53.1	58.1	195	85.5	90.5
160	54.0	59.0	196	86.4	91.4
161	54.9	59.9	197	87.3	92.3
162	55.8	60.8	198	88.2	93.2
163	56.7	61.7	199	89.1	94.1
164	57.6	62.6	200	90.0	95.0
165	58.5	63.5			