

# MARSDEN Body Fat % Chart

## How to get your body fat % reading with the Marsden MBF-6010 Body Fat Analyser

- ① Press the appropriate gender button
- ② Key in your height in centimetres
- ③ Press enter
- ④ Key in your age
- ⑤ Press enter
- ⑥ Step onto the scale
- ⑦ Your body fat percentage will show on the display

Age	18-20	21-25	26-30	31-35	36-40	41-45	46-50	50-55	56 +								
18-20	2	3.9	6.2	8.5	10.5	12.5	14.3	16	17.5	18.9	20.2	21.3	22.3	23.1	23.8	24.3	24.9
21-25	2.5	4.9	7.3	9.5	11.6	13.6	15.4	17	18.6	20	21.2	22.3	23.3	24.2	24.9	25.4	25.8
26-30	3.5	6	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21	22.3	23.4	24.4	25.2	25.9	26.5	26.9
31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.5	25.5	26.3	27	27.5	28
36-40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.2	21.8	23.2	24.4	25.6	26.5	27.4	28.1	28.6	29
41-45	6.7	9.2	11.5	13.8	15.9	17.8	19.6	21.3	22.8	24.7	25.5	26.6	27.6	28.4	29.1	29.7	30.1
46-50	7.7	10.2	12.6	14.8	16.9	18.9	20.7	22.4	23.9	25.3	26.6	27.7	28.7	29.5	30.2	30.7	31.2
50-55	8.8	11.3	13.7	15.9	18	20	21.8	23.4	25	26.4	27.6	28.7	29.7	30.6	31.2	31.8	32.2
56 +	9.9	12.4	14.7	17	19.1	21	22.8	24.5	26	27.4	28.7	29.8	30.8	31.6	32.3	32.9	33.3
	Lean			Ideal			Average				Above Average						



Age	18-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56 +								
18-20	11.3	13.5	15.7	17.7	19.7	21.5	23.2	24.8	26.3	27.7	29	30.2	31.3	32.3	33.1	33.9	34.6
21-25	11.9	14.2	16.3	18.4	20.3	22.1	23.8	25.5	27	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2
26-30	12.5	14.8	16.9	19	20.9	22.7	24.5	26.1	27.6	29	30.3	31.5	32.5	33.5	34.4	35.2	35.8
31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	28.6	30.9	32.1	33.2	34.1	35	35.8	36.4
36-40	13.8	16	18.2	20.2	22.2	24	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37
41-45	14.4	16.7	18.8	20.8	22.8	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37	37.7
46-50	15	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34	35	36	36.9	37.6	38.3
51-55	15.6	17.9	20	22.1	24	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	38.9
56 +	16.3	18.5	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34	35.2	36.3	37.2	38.1	38.9	39.5
	Lean			Ideal			Average				Above Average						

