

American College of Sports Medicine (ACSM)						American Council on Exercise (ACE)	
ACSM Male							
Category	20-29	30-39	40-49	50-59	>60	Body Type	Male
Excellent	<2 to 9%	<5 to 14%	<7 to 16%	<9 to 18%	<8 to 18%	Essential	2-4%
Good	9 to 14%	14 to 17.5%	16 to 20%	18 to 21%	18 to 22%	Athletes	6-13%
Fair	14 to 17%	17.5 to 20.5%	20 to 22.5%	21 to 24%	22 to 25%	Fitness	14-17%
Poor	17 to 22%	20.5 to 24%	22.5 to 26%	24 to 27.5%	25 to 28.5%	Acceptable	18-25%
Very Poor	22 to >36%	29.5 to >36%	26 to >37%	31 to >38%	28.5 to >41%	Obese	>25%
ACSM Female							
Category	20-29	30-39	40-49	50-59	>60	Body Type	Female
Excellent	<5 to 17%	<7 to 18%	<12 to 21%	<12 to 25%	<15 to 25%	Essential	10-12%
Good	17 to 21%	18 to 22%	21 to 25%	25 to 28.5%	25 to 29%	Athletes	14-20%
Fair	21 to 24%	22 to 25%	25 to 28%	28.5 to 32%	29 to 32.5%	Fitness	21-24%
Poor	24 to 28%	25 to 29%	28 to 32%	32 to 36%	32.5 to 37%	Acceptable	25-31%
Very Poor	28 to >40.5%	29 to >40%	32 to >45.5%	36 to >51%	37 to >47%	Obese	>32%