

Men

| Height | Target Weight Range |
|---------------|----------------------------|
| 4' 6" | 63 - 77 lbs. |
| 4' 7" | 68 - 84 lbs. |
| 4' 8" | 74 - 90 lbs. |
| 4' 9" | 79 - 97 lbs. |
| 4' 10" | 85 - 103 lbs. |
| 4' 11" | 90 - 110 lbs. |
| 5' 0" | 95 - 117 lbs. |
| 5' 1" | 101 - 123 lbs. |
| 5' 2" | 106 - 130 lbs. |
| 5' 3" | 112 - 136 lbs. |
| 5' 4" | 117 - 143 lbs. |
| 5' 5" | 122 - 150 lbs. |
| 5' 6" | 128 - 156 lbs. |
| 5' 7" | 133 - 163 lbs. |
| 5' 8" | 139 - 169 lbs. |
| 5' 9" | 144 - 176 lbs. |
| 5' 10" | 149 - 183 lbs. |
| 5' 11" | 155 - 189 lbs. |
| 6' 0" | 160 - 196 lbs. |
| 6' 1" | 166 - 202 lbs. |
| 6' 2" | 171 - 209 lbs. |
| 6' 3" | 176 - 216 lbs. |
| 6' 4" | 182 - 222 lbs. |
| 6' 5" | 187 - 229 lbs. |
| 6' 6" | 193 - 235 lbs. |
| 6' 7" | 198 - 242 lbs. |
| 6' 8" | 203 - 249 lbs. |
| 6' 9" | 209 - 255 lbs. |
| 6' 10" | 214 - 262 lbs. |
| 6' 11" | 220 - 268 lbs. |
| 7' 0" | 225 - 275 lbs. |