

FFMI Categories Chart

FFMI Score Range	Fitness Level	Muscle Mass Level	Body Composition Insight
Below 18	Low / Underdeveloped	Low lean body mass	Indicates minimal muscle, higher fat ratio possible
18 – 20	Average	Moderate muscle mass	Normal body composition, limited muscle definition
20 – 22	Fit / Athletic	Good lean mass	Visible muscle, balanced fat-to-muscle ratio
22 – 25	Advanced	High muscle mass	Significant muscle development, near natural limit
Above 25	Elite / Above Natural	Very high muscle mass	Rare naturally, may indicate enhanced physique