

FFMI Chart Male vs Female

| Category | Men FFMI Range | Women FFMI Range | Interpretation |
|-----------------|-----------------------|-------------------------|-----------------------|
| Low | <18 | <15 | Low muscle mass |
| Average | 18–20 | 15–17 | Normal physique |
| Athletic | 20–22 | 17–19 | Fit and toned |
| Advanced | 22–25 | 19–22 | Highly trained |
| Natural Limit | ~25 | ~21–22 | Genetic potential |