

# FFMI (Fat-Free Mass Index) Frequently Asked Questions

## **What is a good FFMI score?**

A good FFMI score is usually between 20 and 22, indicating an athletic and well-trained physique.

## **Is FFMI better than BMI?**

Yes, FFMI is more accurate because it measures lean body mass instead of total weight like BMI.

## **What is the natural FFMI limit?**

The natural FFMI limit is around 25 for men and 21 to 22 for women.

## **Can FFMI detect steroid use?**

No, FFMI cannot confirm steroid use, but very high values may suggest it.

## **How accurate is FFMI?**

FFMI is accurate if body fat percentage is measured correctly.

## **How often should I calculate FFMI?**

Every 2–3 months is ideal to track real progress.

## **What FFMI is considered athletic?**

An FFMI between 20 and 22 is considered athletic.

## **Is FFMI different for men and women?**

Yes, women typically have lower FFMI values than men.

## **Can beginners use FFMI?**

Yes, but results may vary due to early body changes.

## **How do I increase my FFMI naturally?**

Focus on strength training, proper nutrition, and recovery.

## **Does FFMI account for body fat?**

Yes, it uses lean body mass, which excludes body fat.

## **What tools measure body fat for FFMI?**

DEXA scans, calipers, and smart scales are commonly used.