

Ultimate FFMI (Fat Free Mass Index) Master Chart

Category	FFMI Range (Men)	FFMI Range (Women)	Body Fat % Impact	Fitness Level	Goal Recommendation	BMI Comparison Insight
Low	<18	<15	Higher body fat reduces accuracy	Low muscle mass	Start strength training + calorie surplus	BMI may show normal but low muscle
Average	18–20	15–17	Moderate accuracy	Normal physique	Begin structured workouts	BMI cannot detect muscle vs fat
Athletic	20–22	17–19	Good accuracy	Fit and lean	Maintain + lean muscle gain	BMI often misclassifies as overweight
Advanced	22–25	19–22	Very accurate at lower fat %	Highly muscular	Optimize training + recovery	BMI unreliable for athletes
Natural Limit	~25	~21–22	Best accuracy at low body fat	Peak natural potential	Maintain physique	BMI completely misleading
Above Limit	>25	>22	May indicate measurement error or enhancement	Rare naturally	Focus on health monitoring	BMI not useful