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Measure and Weight Table Sheet

Imperial measure Males & Females - Age 18-65				Metric Measure Males & Females - Age 18-65		
Height (ft. in.)	Minimum Weight (lbs.)	Maximum Weight (lbs.)		Height (cm)	Minimum Weight (Kg)	Maximum Weight (kg)
4' 10"	76	183		154	34	82
4' 11"	79	189		156	36	85
5' 0"	82	196		158	37	88
5' 1"	85	202		160	38	91
5' 2"	87	209		162	39	94
5' 3"	90	216		164	41	97
5' 4"	93	223		166	42	100
5' 5"	96	230		168	43	104
5' 6"	99	237		170	45	107
5' 7"	102	244		172	46	110
5' 8"	105	252		174	47	113
5' 9"	108	259		176	49	117
5' 10"	111	267		178	50	120
5' 11"	114	274		180	51	123
6' 0"	118	282		182	53	127
6' 1"	121	290		184	54	131
6' 2"	124	298		186	56	134
6' 3"	128	306		188	58	138
6' 4"	131	315		190	59	142
6' 5"	135	323		192	61	145
6' 6"	138	331		194	62	149