

Average Body Fat Percentage of Athletes					
Sport	Male	Female	Sport	Male	Female
Baseball	12-15%	12-18%	Rowing	6-14%	12-18%
Basketball	6-12%	20-27%	Shot Putters	16-20%	20-28%
Body building	5-8%	10-15%	Skiing (X country)	7-12%	16-22%
Cycling	5-15%	15-20%	Sprinters	8-10%	12-20%
Football (Backs)	9-12%	No data	Swimming	9-12%	14-24%
Football (Linemen)	15-19%	No data	Tennis	12-16%	16-24%
Gymnastics	5-12%	10-16%	Triathlon	5-12%	10-15%
High/long Jumpers	7-12%	10-18%	Volleyball	11-14%	16-25%
Ice/field Hockey	8-15%	12-18%	Weightlifters	9-16%	No data
Racquetball	8-13%	15-22%	Wrestlers	5-16%	No data

OK, have you worked out the ideal range for you? Great. You've probably already know the risks associated with falling significantly **above** the upper limit of this range. But what about the **lower end** of the scale?