

Weight & Size Charts

Women

*body frame sizes**

Height	small	medium	large
4'10"	102-111	109-121	118-131
4'11"	103-113	111-123	120-134
5'0"	104-115	113-126	122-137
5'1"	106-118	115-129	125-140
5'2"	108-121	118-132	128-143
5'3"	111-124	121-135	131-147
5'4"	114-127	124-138	134-151
5'5"	117-130	127-141	137-155
5'6"	120-133	130-144	140-159
5'7"	123-136	133-147	143-163
5'8"	126-139	136-150	146-167
5'9"	129-142	139-153	149-170
5'10"	132-145	142-156	152-173
5'11"	135-148	145-159	155-176
6'0"	138-151	148-162	158-179

Men

*body frame sizes**

Height	small	medium	large
5'2"	128-134	131-141	138-150
5'3"	130-136	133-143	140-153
5'4"	132-138	135-145	142-156
5'5"	134-140	137-148	144-160
5'6"	136-142	139-151	146-164
5'7"	138-145	142-154	149-168
5'8"	140-148	145-157	152-172
5'9"	142-151	148-160	155-176
5'10"	144-154	151-163	158-180
5'11"	146-157	154-166	161-184
6'0"	149-160	157-170	164-188
6'1"	152-164	160-174	168-192
6'2"	155-168	164-178	172-197
6'3"	158-172	167-182	176-202
6'4"	162-176	171-187	181-207

Weight in pounds, based on ages 25-59 (includes indoor clothing weighing 3lbs. and shoes with 1" heels)

Weight in pounds, based on ages 25-59 (includes indoor clothing weighing 5lbs. and shoes with 1" heels)

*Calculating Your Frame Size

Women	elbow measurement	Men	elbow measurement
4'10"-4'11"	2¼" to 2½"	5'2"-5'3"	2½" to 2-7/8"
5'0"-5'3"	2¼" to 2½"	5'4"-5'7"	2-5/8" to 2-7/8"
5'4"-5'7"	2-3/8" to 2-5/8"	5'5"-5'11"	2¾" to 3"
5'8"-5'-11"	2-3/8" to 2-5/8"	6'0"-6'3"	2¾" to 3-1/8"
6'0"	2½" to 2¾"	6'4"	2-7/8" to 3¼"

The following method may be used to calculate your frame size:

1. Extend your right arm in front of your body while bending your elbow to a 90° angle.
2. Keep your fingers straight and turn the inside of your wrist toward your body.
3. Place the thumb and index finger of your left hand on the two prominent bones on either side of your right elbow, then measure the distance between the bones with a tape measurer.

Compare your results with the chart above. The chart lists elbow measurements for a medium frame. If your elbow measurement is less than the number of inches listed for your height, you are considered to have a small frame. If your elbow measurement is greater than the number of inches listed for your height, you have a large frame.