

CLASSIC BODYBUILDING TABLE

The MAXIMUM weight for the competitor is in kilograms.

To convert to lbs, please multiply the kilos by 2.205 (example: 91 kg x 2.205 makes 200.6 lbs). All weights have been rounded off.

Height cm less 100+0 =maximum weight

160cm (5 feet, 3inches)	60 kg=132 lbs
161cm (5-3¼)	= 61 kg=134.5 lbs
162cm (5-3¾)	= 62 kg= 136.7 lbs
163cm (5-4¼)	= 63 kg= 138.9 lbs
164cm (5-4½)	= 64 kg= 141.1 lbs
165 (5-5)	= 65 kg= 143.3 lbs
166(5-5¼)	= 66 kg= 145.5 lbs
167(5-5¾)	= 67 kg= 147.7 lbs
168 (5-6 1/8)	= 68 kg= 149.9 lbs

Height cm less 100+2= maximum weight

168,2 (5-6¼)	= 70,2 kg (154,7 lbs)
169 (5-6½)	= 71 kg (156.5 lbs)
170 (5-7")	= 72 kg (158.7 lbs)
171 (5-7¼)	= 73 kg (160.9 lbs)

Height cm less 100+4

171,2 (5-7¾)	= 75,2 kg (165.8 lbs)
172 (5-7¾)	= 76 kg (167.5 lbs)
173 (5-8 1/8")	= 77 kg 169.7 lbs)
174 (5-8½)	= 78 kg (171.9 lbs)
175 (5-9")	= 79 kg (174.1 lbs)

Height cm less 100+6

175,2 (5-9 1/8)	= 81,2 kg (179 lbs)
176 (5-9¾)	= 82 kg (180.8 lbs)
177 (5-9¾)	= 83 kg (183 lbs)
178 (5-10)	= 84 kg (185.2 lbs)
179 (5-10½)	= 85 kg (187.4 lbs)
180 (5-10 7/8)	= 86 kg (189.6 lbs)

Height cm less 100+8

180,2 (5-11)	= 88,2 kg (194.4 lbs)
181 (5-11¼)	= 89 kg (196.2 lbs)
182 (5-11¾)	= 90 kg 198.4 lbs)
183 (6)	= 91 kg (200.6 lbs)
184 (6-½)	= 92 kg (202.8 lbs)
185 (6-7/8")	= 93 kg (205 lbs)
186 (6-1¼)	= 94 kg (207.2 lbs)
187 (6-1 5/8")	= 95 kg (209.4 lbs)
188 (6-2)	= 96 kg (211.6 lbs)
189 (6-2 3/8)	= 97 kg (213.8 lbs)
190 (6-2¾)	= 98 kg (216 lbs)

Height cm less 100+9

190,2 (6-2 7/8)	= 99,2 kg (218.7 lbs)
191 (6-3¼)	= 100 kg (220.5 lbs)
192 (6-3½)	= 101 kg (222.7 lbs)
193 (6-4)	= 102 kg (224.9 lbs)
194 (6-4¾)	= 103 kg (227.1 lbs)
195 (6-4¾)	= 104 kg (229.3 lbs)
196 (6-5¼)	= 105 kg (231.5 lbs)
197 (6-5½)	= 106 kg (233.7 lbs)
198 (6-5 7/8)	= 107 kg (235.9 lbs)

Height cm less 100+10

198,2 (6-6)	= 108,2 kg (238.5 lbs)
199 (6-6 3/8)	= 109 kg (240.3 lbs)
200 (6-6¾)	= 110 kg (242.5 lbs)
201 (6-7 1/8)	= 111 kg (244.7 lbs)
202 (6-7½)	= 112 kg (246.9 lbs)

NOTE: All these measurements (with the maximum weight a competitor can weigh) have already been calculated and converted on this chart. **Example: IF AN ATHLETE MEASURES 179 CM, HE CANNOT WEIGH MORE THAN 85 KG.**