C 4764

ANTHROPOMETRIC CHART.

Showing the distribution of any American Community as to Physical Power and Proportions, also the relation of the Individual in size, Strength, Symmetry and Development to the Normal Standard of the Same Age.

No. ____ Age 22-26 Sex ____ Male ____ Class ____

PERCENTAGE OF INDIVIDUALS OF THE SAME AGE ABOVE.
95 90 80 70 60 50 40 30 20 10 5

PERCENTAGE OF INDIVIDUALS OF THE SAME AGE BELOW.
5 10 20 30 40 50 60 70 80 90 95

THE CURVES SLOPE UPWARD TOWARDS THE MAXIMUM.

THE CURVES SLOPE DOWNWARD TOWARDS THE MINIMUM.

NORMAL LINE

KILOS	CENTIMETER	pounds
160	192	1044
150	190	992
140	182	870
130	178	925
120	174	926
110	170	904.1
100	168	772
90	164	760
80	160	838
70	156	816
60	152	794
50	150	772
40	146	750
30	142	728
20	138	705
10	136	683
1	132	661
90	130	639
80	126	617
70	124	595
60	120	573
50	118	551
40	116	529
30	114	507
20	112	485
10	110	463
1	108	441
90	106	419
80	104	397
70	102	375
60	100	352
50	98	330
40	96	308
30	94	286
20	92	264
10	90	242
1	88	220
90	86	198
80	84	176
70	82	154
60	80	132
50	78	110
40	76	88
30	74	66
20	72	44
10	70	22
1	68	2
90	66	1984
80	64	1942
70	62	1896
60	60	1852
50	58	1808
40	56	1764
30	54	1720
20	52	1676
10	50	1631
1	48	1587
90	46	1543
80	44	1499
70	42	1455
60	40	1411
50	38	1367
40	36	1323
30	34	1279
20	32	1235
10	30	1191
1	28	1146
90	26	1102
80	24	1058
70	22	1014
60	20	970
50	18	926
40	16	882
30	14	838
20	12	794
10	10	750
1	8	705
90	6	661
80	4	617
70	2	573
60	0	529
50	-2	485
40	-4	441
30	-6	397
20	-8	353
10	-10	309
1	-12	265
90	-14	221
80	-16	177
70	-18	133
60	-20	88
50	-22	44
40	-24	0

Height of Standard
Total Height
Height of Sternum
Sitting Height
Length of Legs
Girth of Chest
Girth of Head
Girth of Neck
Girth of Thigh
Girth of Calf
Girth of Ankle
Girth of Instep
Girth of Forearm
Girth of Wrist
Girth of Hand
Girth of Fingers
Girth of Knee
Girth of Elbow
Girth of Shoulders
Strength of Legs
Strength of Back
Strength of Grip
Strength of Forearm
Strength of Chest
Strength of Shoulders
Strength of Neck
Height of Head
Height of Sitting Chest
Height of Standing Chest
Height of Neck
Height of Shoulders
Height of Elbow
Height of Hand
Weight
Length of Standing Chest
Length of Head
Length of Hand
Length of Foot
Length of Arm
Length of Forearm
Length of Upper Arm
Breadth of Head
Breadth of Hand
Breadth of Foot
Breadth of Chest
Breadth of Waist
Breadth of Hips
Breadth of Knee
Breadth of Ankle
Breadth of Instep
Breadth of Wrist
Breadth of Neck

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