

# Height-weight ratios according to Frame Size

## Women

Height (cm)	Small Frame (kg)	Medium Frame (kg)	Large Frame (kg)
147.5	46 - 50	49.5 - 55	53.5 - 60
149.5	46.5 - 51	50.5 - 56	54.5 - 61
152.5	47 - 52	51 - 57	55.5 - 62
155	48 - 53.5	52 - 58.5	57 - 63.5
157.5	49 - 55	53.5 - 60	58 - 65
160	50 - 56	55 - 61	59.5 - 66.5
162.5	52 - 57.5	56 - 62.5	61 - 68.5
165	53 - 59	57.5 - 64	62 - 70
167.5	54.5 - 60	59 - 65.5	63.5 - 72
170	56 - 61.5	60.5 - 65.5	65 - 74
173	57 - 63	61.5 - 68.5	66 - 76
175	58.5 - 64.5	63.5 - 69.5	67.5 - 77
178	60 - 66	64.5 - 71	69 - 78.5
180.5	61 - 67	65.5 - 72	70.5 - 80
183	62.5 - 68.5	67 - 73.5	71.5 - 81

## Men

Height (cm)	Small Frame (kg)	Medium Frame (kg)	Large Frame (kg)
157.5	58 - 61	60 - 64	62.5 - 68
160	59 - 62.5	60.5 - 65	63.5 - 69.5
162.5	60 - 62.5	61 - 66	64.5 - 71
165	61 - 63.5	62 - 67	65.5 - 72.5
167.5	61.5 - 64.5	63 - 68	66 - 74.5
170	62.5 - 66	64.5 - 70	67.5 - 76
173	63.5 - 67	66 - 71	69 - 78
175	64.5 - 68.5	67 - 72.5	70.5 - 80
178	65.5 - 70	68.5 - 74	71.5 - 81.5
180.5	66 - 71	70 - 75	73 - 83.5
183	67.5 - 72.5	71 - 77	74 - 85
185.5	69 - 74.5	72.5 - 79	76 - 87
188	70 - 76	74 - 81	78 - 89.5
190	71.5 - 78	76 - 82.5	80 - 91.5
193.5	73.4 - 80	77.5 - 85	82 - 94

See next page for calculating frame size.

## Measuring frame size using wrist measurement

### How to measure

Wrap the measuring tape around the circumference of your wrist, just above the knobby bone, until it overlaps.

	<b>Small</b>	<b>Medium</b>	<b>Large</b>
<b>Men</b>	< 15.25 cm	15.25 cm – 17.15	> 17.15
<b>Women</b>	< 14 cm	14 cm to 15.25 cm	> 15.25
<b>Teen Boys</b>	< 14.7	14.7 to 16.5 cm	> 16.5
<b>Teen Girls</b>	< 13.46	13.46 to 14.7	> 14.7