

Height And Weight Standards for Men

Height In Cms	Age Range (years)							
	15-17	18-22	23-27	28-32	33-37	38-42	43-48	>48
152	46	47	50	54	54	54	55	54
153	47	47	51	55	55	54	56	54
154	47	48	51	56	55	55	57	55
155	48	49	52	56	56	56	57	56
156	48	49	53	57	57	56	58	56
157	49	50	54	58	58	57	58	57
158	49	50	54	58	58	58	59	58
159	50	51	55	59	59	59	60	58
160	51	52	56	59	60	59	60	59
161	51	52	56	60	60	60	61	60
162	52	53	57	61	61	61	62	60
163	52	54	58	61	62	61	62	61
164	53	54	59	62	63	62	63	62
165	53	55	59	63	63	63	64	62
166	54	56	60	63	64	64	64	63
167	54	56	61	64	65	64	65	64
168	55	57	61	65	65	65	65	65
169	55	57	62	65	66	66	66	65
170	56	58	63	66	67	67	67	66
171	56	59	64	66	68	67	67	67
172	57	59	64	67	68	66	68	67
173	58	60	65	68	69	69	69	68
174	58	61	66	68	70	69	69	69
175	59	61	66	69	71	70	70	69
176	59	62	67	70	71	71	71	70
177	60	62	68	70	72	72	71	71
178	60	63	69	71	73	72	72	71
179	61	64	69	72	73	73	73	72
180	61	64	70	72	74	74	73	73
181	62	65	71	73	75	75	74	73
182	62	66	72	74	76	75	74	74
183	63	66	72	74	76	76	75	75
184	64	67	73	75	77	77	76	75
185	64	68	74	75	78	77	76	76
186	65	68	74	76	78	78	77	77
187	65	69	75	77	79	79	78	77
188	66	59	76	77	80	80	78	78
189	66	70	77	78	81	80	79	79
190	67	71	77	79	81	81	80	79
191	67	71	78	79	82	82	80	80
192	68	72	79	80	82	82	81	81
193	68	73	79	81	83	83	81	82
SD	6.0	6.3	7.1	6.6	6.9	6.8	5.8	7.26

**If you belong to the North Eastern regions of India, Garwahal or Kumaon or are a Gorkha then the height is relaxed by 5 cm.*

**If you belong to Lakshwadeep, then the height is relaxed by 2 cm.*