年代・性別　筋肉率基準値

部位	年代	男性 標準最小	男性 標準最大	女性 標準最小	女性 標準最大	部位	年代	男性 標準最小	男性 標準最大	女性 標準最小	女性 標準最大
全身	20	13.45%	18.74%	9.39%	12.22%	体幹	20	3.014%	4.522%	1.946%	2.701%
	30	13.13%	17.63%	9.33%	12.00%		30	2.897%	4.134%	1.933%	2.619%
	40	13.11%	17.55%	9.59%	12.37%		40	2.881%	4.072%	1.991%	2.693%
	50	12.91%	16.77%	9.42%	12.30%		50	2.866%	3.876%	1.947%	2.666%
	60	13.10%	16.85%	9.42%	12.20%		60	2.973%	4.015%	1.965%	2.667%
	70	12.93%	17.18%	9.36%	12.07%		70	3.024%	4.224%	1.916%	2.645%
	80	12.56%	17.73%	8.83%	11.71%		80	3.049%	4.574%	1.726%	2.527%
	90	12.78%	19.08%	8.50%	12.15%		90	3.312%	5.034%	1.581%	2.676%
上腕	20	0.357%	0.595%	0.192%	0.307%	大腿	20	2.054%	2.858%	1.542%	2.091%
	30	0.357%	0.562%	0.202%	0.295%		30	2.022%	2.756%	1.537%	2.040%
	40	0.338%	0.577%	0.217%	0.315%		40	2.034%	2.741%	1.566%	2.082%
	50	0.322%	0.547%	0.222%	0.317%		50	1.974%	2.575%	1.525%	2.051%
	60	0.347%	0.513%	0.224%	0.326%		60	1.942%	2.534%	1.509%	2.015%
	70	0.335%	0.517%	0.226%	0.331%		70	1.810%	2.442%	1.480%	1.968%
	80	0.312%	0.470%	0.216%	0.330%		80	1.635%	2.396%	1.357%	1.851%
	90	0.289%	0.492%	0.208%	0.330%		90	1.554%	2.285%	1.302%	1.870%
前腕	20	0.285%	0.397%	0.196%	0.250%	下腿	20	0.850%	1.163%	0.632%	0.942%
	30	0.287%	0.383%	0.201%	0.257%		30	0.836%	1.145%	0.659%	0.921%
	40	0.292%	0.390%	0.213%	0.272%		40	0.844%	1.162%	0.685%	0.944%
	50	0.295%	0.389%	0.216%	0.278%		50	0.832%	1.166%	0.677%	0.959%
	60	0.293%	0.385%	0.221%	0.281%		60	0.823%	1.154%	0.662%	0.937%
	70	0.291%	0.391%	0.222%	0.288%		70	0.806%	1.218%	0.673%	0.964%
	80	0.272%	0.371%	0.223%	0.293%		80	0.829%	1.237%	0.692%	1.051%
	90	0.258%	0.420%	0.213%	0.324%		90	0.915%	1.371%	0.662%	1.155%
上肢	20	0.649%	0.984%	0.394%	0.551%	下肢	20	2.974%	3.951%	2.247%	2.960%
	30	0.651%	0.938%	0.410%	0.547%		30	2.924%	3.834%	2.251%	2.906%
	40	0.640%	0.957%	0.437%	0.580%		40	2.940%	3.841%	2.302%	2.975%
	50	0.628%	0.925%	0.444%	0.589%		50	2.861%	3.686%	2.250%	2.961%
	60	0.648%	0.889%	0.453%	0.599%		60	2.824%	3.628%	2.219%	2.905%
	70	0.634%	0.899%	0.455%	0.612%		70	2.692%	3.584%	2.216%	2.869%
	80	0.590%	0.835%	0.446%	0.616%		80	2.531%	3.566%	2.136%	2.814%
	90	0.552%	0.909%	0.428%	0.650%		90	2.510%	3.614%	2.063%	2.927%

注）筋肉率は、身長に対する比率（%）

（株式会社フィジオン　資料より）