



AMATEUR CLASSIC PHYSIQUE HEIGHT & WEIGHT REQUIREMENTS - 2023 UPDATE



Height - ft/in	Weight - lb
Up to and including 5'4"	Up to and including 167 lbs
Up to and including 5' 5"	Up to and including 172 lbs
Up to and including 5'6"	Up to and including 177 lbs
Up to and including 5'7"	Up to and including 182 lbs
Up to and including 5' 8"	Up to and including 187 lbs
Up to and including 5'9"	Up to and including 194 lbs
Up to and including 5' 10"	Up to and including 202 lbs
Up to and including 5' 11"	Up to and including 209 lbs
Up to and including 6' 0"	Up to and including 217 lbs
Up to and including 6' 1"	Up to and including 224 lbs
Up to and including 6' 2"	Up to and including 232 lbs
Up to and including 6' 3"	Up to and including 239 lbs
Up to and including 6' 4"	Up to and including 246 lbs
Up to and including 6' 5"	Up to and including 253 lbs
Up to and including 6' 6"	Up to and including 260 lbs
Up to and including 6' 7"	Up to and including 267 lbs
Over 6' 7"	Up to and including 274 lbs

Height - cm	Weight - kg
162.6	75.7
165.1	78
167.6	80.3
170.2	82.6
172.7	84.8
175.3	88
177.8	91.6
180.3	94.8
182.9	98.4
185.4	101.6
188	105.2
190.5	108.4
193	111.6
195.6	114.8
198.1	117.9
200.7	121.1
200.7	124.3

Adapted from the official charts at NPC News Online