



Test Like The Pros
 ArizonaBodPod.com
 480 427 0263

9-Year Athlete Data

2006 - 2014 NFL Combine Data

| Position | # of Athletes | % Fat Average | % Fat Range | Body Weight Average (lb) | Body Weight Range (lb) | Resting Metabolic Rate Range (kcal) |
|----------|---------------|---------------|-------------|--------------------------|------------------------|-------------------------------------|
| DB | 521 | 9.7 | 3.2 - 19.4 | 197.5 | 168.9 - 238.8 | 1768 - 2544 |
| WO | 408 | 9.2 | 3.2 - 19.4 | 202.4 | 149.3 - 241.0 | 1613 - 2726 |
| LB | 305 | 13.1 | 4.0 - 22.5 | 239.8 | 203.1 - 269.5 | 2072 - 2817 |
| TE | 169 | 14.0 | 5.6 - 20.7 | 249.3 | 224.7 - 271.1 | 2295 - 2909 |
| RB | 299 | 11.1 | 3.3 - 23.1 | 217.1 | 168.3 - 272.0 | 1880 - 2743 |
| QB | 178 | 14.4 | 4.0 - 22.7 | 223.0 | 187.8 - 264.6 | 1942 - 2772 |
| DL | 500 | 19.4 | 3.8 - 34.2 | 283.6 | 221.3 - 368.6 | 2300 - 3482 |
| OL | 470 | 24.4 | 13.8 - 35.6 | 313.1 | 280.0 - 364.2 | 2593 - 3392 |
| PK | 95 | 15.7 | 3.8 - 30.5 | 205.9 | 164.7 - 253.1 | 1676 - 2518 |
| ST | 16 | 19.9 | 12.2 - 26.5 | 244.8 | 166.9 - 264.5 | 1753 - 2642 |

Total Players Tested: 2,961
Tallest Player Tested: 6 ft. 8 in.
Heaviest Player Tested: 369 lb.



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9-Year Athlete Body Composition Ranges by Position

2006 - 2014 NFL Combine Data

| Position | 3.2 - 4.9% | 5.0 - 7.9% | 8.0 - 10.9% | 11.0 - 13.9% | 14.0 - 16.9% | 17.0 - 19.9% | 20.0 - 22.9% | 23.0 - 25.9% | 26.0 - 28.9% | 29.0 - 31.9% | 32.0 - 35.9% | % Fat Average | # of Athletes |
|--------------|------------|------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|---------------|
| DB | 35 | 120 | 199 | 133 | 31 | 3 | | | | | | 9.7 | 521 |
| WO | 36 | 103 | 164 | 88 | 17 | | | | | | | 9.2 | 408 |
| LB | 4 | 16 | 57 | 84 | 109 | 30 | 5 | | | | | 13.1 | 305 |
| TE | | 5 | 28 | 48 | 51 | 33 | 4 | | | | | 14.0 | 169 |
| RB | 10 | 44 | 84 | 92 | 41 | 22 | 5 | 1 | | | | 11.1 | 299 |
| QB | | 7 | 27 | 50 | 46 | 36 | 12 | | | | | 14.4 | 178 |
| DL | 1 | 6 | 23 | 52 | 91 | 101 | 85 | 81 | 49 | 9 | 2 | 19.4 | 500 |
| OL | | | | 2 | 15 | 36 | 99 | 159 | 125 | 31 | 3 | 24.4 | 470 |
| PK | 1 | 2 | 13 | 24 | 20 | 19 | 6 | 7 | 2 | 1 | | 15.7 | 95 |
| ST | | | | 1 | | 6 | 6 | 3 | | | | 19.9 | 16 |
| TOTAL | 87 | 303 | 595 | 574 | 421 | 286 | 222 | 251 | 176 | 41 | 5 | 15.1 | 2961 |