

Example combinations of the 3 layers that determine your Skeletal Muscle Mass

Skeletal Muscle Index + Grip Strength

Good for a quick, simple screening

Skeletal Muscle Index	"Normal" or "Above-average" range (≥ 6.0 – 7.2 kg/m ²)
Grip strength	"Functional" range (20–25kg)
Interpretation	You have enough muscle and it can produce force.

Grip Strength + Gait Speed

If you don't have access to a Skeletal Muscle Index

Grip strength	"Functional" range (20–25kg)
Gait speed	"Good" (>1.0 m/s at a normal walking pace over 4–10 metres)
Interpretation	Your muscle is strong and functional.

Skeletal Muscle Index + Sit-to-Stand Test

Good for a home assessment

Skeletal Muscle Index	"Normal" or "Above-average" range (≥ 6.0 – 7.2 kg/m ²)
Sit-to-Stand	"Functional" or "Strong" (12 to 15+ reps)
Interpretation	You have the muscle, and you can use it well.

Skeletal Muscle Index + Loaded Carry

Good for a home assessment

Skeletal Muscle Index	"Normal" or "Above-average" range (≥ 6.0 – 7.2 kg/m ²)
Loaded Carry	Carry 10–15 kg for 30–60 seconds without difficulty
Interpretation	You have the muscle and practical strength.

All Three – The "Gold Standard"

If all of these are true, your muscle is unquestionably "doing its job"

Skeletal Muscle Index	"Normal" or "Above-average" range (≥ 6.0 – 7.2 kg/m ²)
Grip strength	"Functional" range (20–25kg)
Gait speed	"Good" (>1.0 m/s at a normal walking pace over 4–10 metres)
Interpretation	Your muscle is strong and functional.

Parameters used by researchers and doctors to set the minimum viable value for the measure

Muscle Mass Reference Ranges⁷

Measure	Midlife Women	Midlife Men
Skeletal Muscle Index: Low	< 5.5–6.0 kg/m ²	< 7.0–7.5 kg/m ²
Skeletal Muscle Index: Normal	6.0–6.8 kg/m ²	7.5–8.5 kg/m ²
Skeletal Muscle Index: Above Average	> 6.8–7.2 kg/m ²	> 8.5–9.5 kg/m ²
Skeletal Muscle Mass % of Body Weight: Normal	30–36%	36–44%
Skeletal Muscle Mass % of Body Weight: Higher Than Average	36–42%	44–50%
Skeletal Muscle Mass % of Body Weight: Athletic	> 42%	> 50%

Hand Grip Strength “Norms”³

Measure	Women	Men
Poor	Poor	< 27 kg
Functional	16–25 kg	27–40 kg
Strong	> 25 kg	> 40 kg

Gait Speed Categories

(normal walking pace over 4–10m)³

Measure	Gait Speed
Poor	< 0.8 m/s
Acceptable	0.8–1.0 m/s
Good	> 1.0 m/s

Sit-to-Stand Test²

Measure	Midlife Women	Midlife Men
Poor	< 10 reps	< 12 reps
Functional	12–15 reps	14–17 reps
Strong	> 15 reps	> 17 reps