

Height and Weight Requirements

Height	Select			Standard Build Guidelines*
	Super Select Max Weight	Age 59 and below Max Weight	Age 60 and above Max Weight	
5'0"	144	160	170	95-186
5'1"	148	165	175	98-193
5'2"	152	170	180	102-199
5'3"	156	175	185	105-206
5'4"	161	180	190	108-212
5'5"	166	185	195	112-219
5'6"	172	190	200	115-226
5'7"	177	195	205	119-233
5'8"	181	200	210	122-240
5'9"	185	206	216	126-247
5'10"	191	212	222	129-254
5'11"	199	218	228	133-261
6'0"	203	224	234	137-269
6'1"	207	230	240	141-276
6'2"	212	236	246	145-284
6'3"	218	242	252	149-292
6'4"	224	248	258	152-299
6'5"	230	254	264	157-307
6'6"	235	260	270	161-315
6'7"	240	266	276	165-323
6'8"	245	272	282	169-332

**In some situations the maximum standard weight limit may be exceeded with favorable underwriting factors, ie. blood pressure and lipids. Please use this as a guide only and call Sons of Norway Headquarters for any questions.*