



**Trevor Newell 33% bodyfat, 19% bodyfat, 9% bodyfat**



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**Ray Cronise 31.56% bodyfat, 24.7% bodyfat, 12.65% bodyfat**



**Nic Irwin 22% bodyfat, 5% bodyfat**



**Nathan Zaru: 8% bodyfat.** Despite the Incredible Hulk lighting, I believe this to be (among these photos) the best representative picture of what 8% bodyfat looks like for males with decent muscle tone. People dramatically underestimate bodyfat percentage. If you have a bit of muscle and are sub-10%, you should have definition similar to this.