

USPF AMERICAN ABSOLUTE RAW SINGLE LIFT RECORDS
BENCH PRESS
MEN - OPEN

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb	192.5	424.4	Joe Whytsell	06/03/18
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb (SHW)				

BENCH PRESS ~ MEN - JUNIORS (13 - 15)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb (SHW)				

BENCH PRESS ~ MEN - JUNIORS (16 - 17)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb (SHW)				

BENCH PRESS ~ MEN - JUNIORS (18 - 19)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH PRESS ~ MEN - JUNIORS (20 - 23)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH PRESS ~ MEN - Submaster (35-39)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH PRESS ~ MEN - Masters (40-44)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH PRESS ~ MEN - Masters (45-49)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH PRESS ~ MEN - Masters (50-54)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH PRESS ~ MEN - Masters (55-59)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH PRESS ~ MEN - Masters (60-64)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH PRESS ~ MEN - Masters (65-69)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH PRESS ~ MEN - Masters (70-74)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH PRESS ~ MEN - Masters (75-79)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH PRESS ~ MEN - Masters (80+ Over)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				