

BENCH**FEMALE Half/Full**

Age Body Weight	15 to 18 years old 45%	19 to 39 years old 60%	40 to 49 years old 50%	50 to 59 years old 40%	60+ years old 30%
95 lb	45	55	45	40	30
100 lb	45	60	50	40	30
105 lb	45	65	50	40	30
110 lb	50	65	55	45	35
115 lb	50	70	55	45	35
120 lb	55	70	60	50	35
125 lb	55	75	60	50	35
130 lb	60	80	65	50	40
135 lb	60	80	65	55	40
140 lb	65	85	70	55	40
145 lb	65	85	70	60	45
150 lb	65	90	75	60	45

FEMALE

BENCH**FEMALE Half/Full**

Age Body Weight	15 to 18 years old 45%	19 to 39 years old 60%	40 to 49 years old 50%	50 to 59 years old 40%	60+ years old 30%
155 lb	70	95	75	60	45
160 lb	70	95	80	65	50
165 lb	75	100	80	65	50
170 lb	75	100	85	70	50
175 lb	80	105	85	70	50
180 lb	80	110	90	70	55
185 lb	85	110	90	75	55
190 lb	85	115	95	75	55
195 lb	90	115	95	80	60
200 lb	90	120	100	80	60
205 lb	90	125	105	80	60
210 lb	95	125	105	85	65

FEMALE