

BENCH

MALE Half/Full

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

MALE

BENCH**MALE Half/Full**

Age Body Weight	15 to 18 years old (65%)	19 to 39 years old (80%)	40 to 49 years old (70%)	50 to 59 years old (60%)	60+ years old (50%)
170 lb	110	135	120	100	85
175 lb	115	140	125	105	85
180 lb	115	145	125	110	90
185 lb	120	150	130	110	90
190 lb	125	150	135	115	95
195 lb	125	155	135	115	95
200 lb	130	160	140	120	100
205 lb	135	165	145	125	105
210 lb	135	170	145	125	105
215 lb	140	170	150	130	110
220 lb	145	175	155	130	110
225 lb	145	180	160	135	115

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BENCH**MALE Half/Full**

Age Body Weight	15 to 18 years old (65%)	19 to 39 years old (80%)	40 to 49 years old (70%)	50 to 59 years old (60%)	60+ years old (50%)
230 lb	150	185	160	140	115
235 lb	155	190	165	140	120
240 lb	155	190	170	145	120
245 lb	160	200	170	145	125
250 lb	165	200	175	150	125
255 lb	165	205	180	155	130
260 lb	170	210	180	155	130
265 lb	170	210	185	160	135
270 lb	175	215	190	160	135
275 lb	180	220	195	165	140
280 lb	180	225	195	170	140
285 lb	185	230	200	170	145

MALE