

BENCH PRESS Strength Standards



Adult Men

Body Weight	Physically Inactive	Physically Active	Novice Trainee	Intermediate Trainee	Advanced Trainee	Elite Trainee
52	<38	38	50	60	83	100
56	<40	40	53	63	90	110
60	<45	45	58	70	95	118
67	<50	50	65	78	108	133
75	<55	55	70	85	115	145
82	<60	60	75	90	125	158
90	<63	63	80	98	133	163
100	<64	64	83	103	138	173
110	<65	65	85	105	143	180
125	<68	68	88	108	148	185
145	<70	70	90	113	153	190

Over 40 years old

52	<33	33	45	53	73	89
56	<36	36	47	56	80	98
60	<40	40	51	62	85	105
67	<45	45	58	69	96	118
75	<49	49	62	76	102	129
82	<53	53	67	80	111	140
90	<56	56	71	87	118	145
100	<49	57	73	91	122	154
110	<58	58	76	93	127	160
125	<60	60	78	96	131	165
145	<62	62	80	100	136	169

Over 50 years old

52	<30	30	41	49	67	81
56	<32	32	43	51	73	89
60	<36	36	47	57	77	95
67	<41	41	53	63	87	107
75	<45	45	57	69	93	117
82	<49	49	61	73	101	128
90	<51	51	65	79	107	132
100	<52	52	67	83	111	140
110	<53	53	69	85	115	146
125	<55	55	71	87	119	150
145	<57	57	73	91	124	154

Over 60 years old

52	<24	24	33	39	54	65
56	<26	26	34	41	59	72
60	<29	29	37	46	62	76
67	<33	33	42	50	70	86
75	<36	36	46	55	75	94
82	<39	39	49	59	81	102
90	<41	41	52	63	86	106
100	<42	42	54	67	89	112
110	<43	43	55	68	93	117
125	<44	44	57	70	96	120
145	<46	46	59	73	99	124

Over 70 years old

52	<21	21	28	33	45	55
56	<22	22	29	34	50	61
60	<25	25	32	39	52	65
67	<28	28	36	43	59	73
75	<30	30	39	47	63	80
82	<33	33	41	50	69	87
90	<34	34	44	54	73	89
100	<35	35	45	56	76	95
110	<36	36	47	58	78	99
125	<37	37	48	59	81	102
145	<39	39	50	62	84	105

Adult Women

Body Weight	Physically Inactive	Physically Active	Novice Trainee	Intermediate Trainee	Advanced Trainee	Elite Trainee
44	<23	23	30	35	43	53
48	<25	25	33	37	45	58
52	<28	28	35	38	50	63
56	<30	30	38	40	53	65
60	<33	33	40	43	58	68
67	<35	35	41	48	63	75
75	<37	37	43	53	65	85
82	<38	38	50	55	73	90
90	<40	40	53	60	75	95
96	<43	43	55	63	80	100

Over 40 years old

44	<20	20	27	31	38	47
48	<22	22	29	33	40	51
52	<24	24	31	34	45	56
56	<27	27	33	36	47	58
60	<29	29	36	38	51	60
75	<31	31	36	43	56	67
65	<33	33	38	47	58	76
82	<34	34	45	49	65	80
90	<36	36	47	53	67	85
96	<38	38	49	56	71	89

Over 50 years old

44	<18	18	24	28	34	43
48	<20	20	26	30	36	47
52	<22	22	28	31	41	51
56	<24	24	30	32	43	53
60	<26	26	32	35	47	55
67	<28	28	33	39	51	61
75	<30	30	35	43	53	69
82	<31	31	41	45	59	73
90	<32	32	43	49	61	77
96	<34	34	45	51	65	81

Over 60 years old

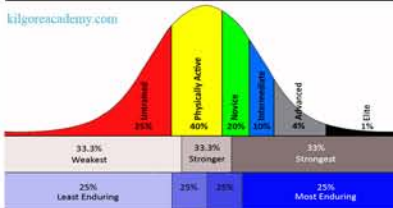
44	<15	15	20	23	28	34
48	<16	16	21	24	29	37
52	<18	18	23	25	33	41
56	<20	20	24	26	34	42
60	<21	21	26	28	37	44
67	<23	23	27	31	41	49
75	<24	24	28	34	42	55
82	<25	25	33	36	47	59
90	<26	26	34	39	49	62
96	<28	28	36	41	52	65

Over 70 years old

44	<12	12	17	19	23	29
48	<14	14	18	20	25	32
52	<15	15	19	21	28	34
56	<17	17	21	22	29	36
60	<18	18	22	24	32	37
67	<19	19	23	26	34	41
75	<20	20	24	29	36	47
82	<21	21	28	30	40	50
90	<22	22	29	33	41	52
96	<23	23	30	35	44	55

A standard is what we can realistically expect someone with specific characteristics (male-female, young-old-older, newbie-world level competitor) to do in a particular exercise. When a standard is used, the criteria of measurement must be as specific as possible. For example, a standard should specify the lift or exercise to be done, the precise parameters of successful performance, the means of measurement, along with the gender, age, and training state of the individual. Performance standards allow us to provide relative feedback about progress, to give direction in addressing fitness shortcomings, and they help us set short and long term goals. The standards presented here are for adults over 18-39 years of age, along with adjusted standards for each decade of the lifespan, 40 through 79. All standards are based on completing the exercises with no assistance, no supportive gear (weightlifting and unequipped powerlifting rules for strength standards), and using the complete range of motion as described in competitive rule books or as pictured above. **Physically Inactive** - Does not accumulate 30 minutes of physical activity per day. **Physically Active** - Accumulates 30 minutes or more of physical activity on most days of the week. May recreationally take part in sport or exercise 1-2 days per month. **Novice** - An individual who begins regular training with the intent to improve fitness. Definitions of novice to elite are derived from those in *Practical Programming for Strength Training* (Rippetoe & Kilgore, 2006). Standards are for a single maximal repetition (1RM, Max, PR, PB, etc.). The elite column does not represent the highest level of performance possible.

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Strength has a beneficial effect not only on your ability to function in day-to-day life, it also is associated with a reduction in the risk of premature death from any cause (yes, any cause). The weakest third of the population dies at a faster rate than the rest of the population. Getting strong and moving up into the intermediate level moves you into the strongest third of the population and provides the best protection from mortality. Moving to the higher levels of strength progression produces the best function at work and play as well as improving quality of life.

see *British Medical Journal* 12:337(7661): 92-95, 2008