

BENCH PRESS

Strength Standards



Adult Men

Body Weight	Physically Inactive	Physically Active	Novice Trainee	Intermediate Trainee	Advanced Trainee	Elite Trainee
114	<83	83	110	132	182	220
123	<88	88	116	138	198	243
132	<99	99	127	154	209	259
148	<110	110	143	171	237	292
165	<121	121	154	187	254	320
181	<132	132	165	198	276	347
198	<138	138	176	215	292	358
220	<141	141	182	226	303	380
242	<143	143	187	231	314	397
275	<149	149	193	237	325	408
319	<154	154	198	248	336	419

Over 40 years old

114	<74	74	98	118	162	196
123	<78	78	103	123	177	216
132	<88	88	113	137	186	231
148	<98	98	128	152	211	260
165	<108	108	137	167	226	285
181	<118	118	147	177	245	309
198	<123	123	157	191	260	319
220	<126	126	162	201	270	338
242	<128	128	167	206	280	353
275	<132	132	172	211	289	363
319	<137	137	177	221	299	373

Over 50 years old

114	<67	67	89	107	147	179
123	<71	71	94	112	161	196
132	<80	80	103	125	170	210
148	<89	89	116	138	192	237
165	<98	98	125	152	205	259
181	<107	107	134	161	223	281
198	<112	112	143	174	237	290
220	<114	114	147	183	246	308
242	<116	116	152	188	254	321
275	<121	121	156	192	263	330
319	<125	125	161	201	272	339

Over 60 years old

114	<54	54	72	86	118	143
123	<57	57	75	90	129	158
132	<64	64	82	100	136	168
148	<72	72	93	111	154	190
165	<79	79	100	122	165	208
181	<86	86	107	129	179	226
198	<90	90	115	140	190	233
220	<92	92	118	147	197	247
242	<95	95	122	150	204	258
275	<97	97	125	154	211	265
319	<100	100	129	161	219	272

Over 70 years old

114	<45	45	61	73	100	121
123	<49	49	64	76	109	133
132	<55	55	70	85	115	142
148	<61	61	79	94	130	161
165	<67	67	85	103	139	176
181	<73	73	91	109	152	191
198	<76	76	97	118	161	197
220	<78	78	100	124	167	209
242	<79	79	103	127	173	218
275	<82	82	106	130	179	224
319	<85	85	109	136	185	230

Adult Women

Body Weight	Physically Inactive	Physically Active	Novice Trainee	Intermediate Trainee	Advanced Trainee	Elite Trainee
97	<50	50	66	77	94	116
106	<55	55	72	82	99	127
115	<61	61	77	84	110	138
123	<66	66	83	88	116	143
132	<72	72	88	95	127	149
148	<77	77	90	106	138	165
174	<82	82	95	117	143	187
181	<83	83	110	121	160	198
198	<88	88	117	132	165	209
212	<94	94	121	139	176	220

Over 40 years old

97	<44	44	59	69	83	103
106	<49	49	64	73	88	113
115	<54	54	69	75	98	123
123	<59	59	74	78	103	128
132	<64	64	78	84	113	132
148	<69	69	80	94	123	147
174	<73	73	84	104	128	167
181	<75	75	98	108	142	177
198	<78	78	104	118	147	186
212	<83	83	108	124	157	196

Over 50 years old

97	<40	40	54	63	76	94
106	<45	45	58	66	80	103
115	<49	49	63	68	89	112
123	<54	54	67	71	94	116
132	<58	58	71	77	103	121
148	<63	63	73	86	112	134
174	<66	66	77	95	116	152
181	<68	68	89	98	129	161
198	<71	71	95	107	134	170
212	<76	76	98	113	143	179

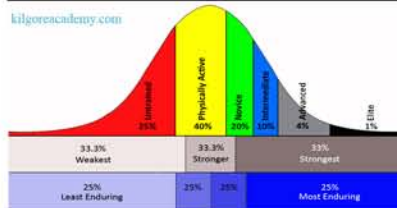
Over 60 years old

97	<32	32	43	50	61	75
106	<36	36	47	53	64	82
115	<39	39	50	54	72	90
123	<43	43	54	57	75	93
132	<47	47	57	62	82	97
148	<50	50	59	69	90	107
174	<53	53	62	76	93	122
181	<55	55	72	79	104	129
198	<57	57	76	86	107	136
212	<61	61	79	90	115	143

Over 70 years old

97	<27	27	36	42	52	64
106	<30	30	39	45	55	70
115	<33	33	42	46	61	76
123	<36	36	45	49	64	79
132	<39	39	49	52	70	82
148	<42	42	50	58	76	91
174	<45	45	52	64	79	103
181	<47	47	61	67	88	109
198	<49	49	64	73	91	115
212	<52	52	67	76	97	121

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.



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