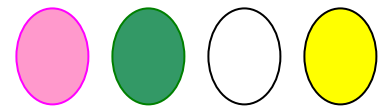


BENCH (CURL)

FEMALE 5K/10K



Age Body Weight	15 to 18 years old 55% (30%)	19 to 39 years old 70% (35%)	40 to 49 years old 60% (30%)	50 to 59 years old 50% (25%)	60+ years old 40% (20%)
95 lb	50 (30)	65 (35)	55 (30)	45 (25)	40 (20)
100 lb	55 (30)	70 (35)	60 (30)	50 (25)	40 (20)
105 lb	60 (30)	75 (35)	65 (30)	50 (25)	40 (20)
110 lb	60 (35)	75 (40)	65 (35)	55 (25)	45 (20)
115 lb	65 (35)	80 (40)	70 (35)	55 (30)	45 (25)
120 lb	65 (35)	85 (40)	70 (35)	60 (30)	50 (25)
125 lb	70 (35)	85 (45)	75 (35)	60 (30)	50 (25)
130 lb	70 (40)	90 (45)	80 (40)	65 (30)	50 (25)
135 lb	75 (40)	95 (45)	80 (40)	65 (35)	55 (25)
140 lb	75 (40)	100 (50)	85 (40)	70 (35)	55 (30)
145 lb	80 (45)	100 (50)	85 (45)	70 (35)	60 (30)
150 lb	80 (45)	105 (50)	90 (45)	75 (35)	60 (30)

BENCH (CURL)

FEMALE 5K/10K



Body Weight \ Age	15 to 18 years old 55% (30%)	19 to 39 years old 70% (35%)	40 to 49 years old 60% (30%)	50 to 59 years old 50% (25%)	60+ years old 40% (20%)
155 lb	85 (45)	110 (55)	95 (45)	75 (40)	60 (30)
160 lb	90 (50)	110 (55)	95 (50)	80 (40)	65 (30)
165 lb	90 (50)	115 (60)	100 (50)	80 (40)	65 (35)
170 lb	95 (50)	120 (60)	100 (50)	85 (40)	70 (35)
175 lb	95 (50)	120 (60)	105 (50)	85 (45)	70 (35)
180 lb	100 (55)	125 (65)	110 (55)	90 (45)	70 (35)
185 lb	100 (55)	130 (65)	110 (55)	90 (45)	75 (35)
190 lb	105 (55)	135 (65)	115 (55)	95 (45)	75 (40)
195 lb	105 (60)	135 (70)	115 (60)	95 (50)	80 (40)
200 lb	110 (60)	140 (70)	120 (60)	100 (50)	80 (40)
205 lb	115 (60)	145 (70)	125 (60)	100 (50)	80 (40)
210 lb	115 (65)	145 (75)	125 (65)	105 (50)	85 (40)