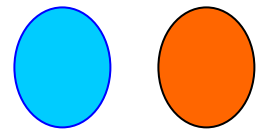


BENCH (CURL)

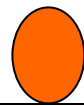
FEMALE Half/Full



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

BENCH (CURL)

FEMALE Half/Full



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