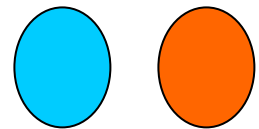


BENCH (CURL)

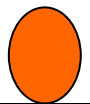
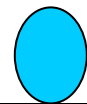
MALE Half/Full



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

BENCH (CURL)

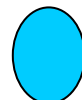
MALE Half/Full



Age Body Weight	15 to 18 years old (65%) (40%)	19 to 39 years old (80%) (45%)	40 to 49 years old (70%) (40%)	50 to 59 years old (60%) (35%)	60+ years old (50%) (30%)
170 lb	110 (70)	135 (75)	120 (70)	100 (60)	85 (50)
175 lb	115 (70)	140 (80)	125 (70)	105 (60)	85 (50)
180 lb	115 (70)	145 (80)	125 (70)	110 (65)	90 (55)
185 lb	120 (75)	150 (85)	130 (75)	110 (65)	90 (55)
190 lb	125 (75)	150 (85)	135 (75)	115 (65)	95 (55)
195 lb	125 (80)	155 (90)	135 (80)	115 (70)	95 (60)
200 lb	130 (80)	160 (90)	140 (80)	120 (70)	100 (60)
205 lb	135 (80)	165 (90)	145 (80)	125 (70)	105 (60)
210 lb	135 (85)	170 (95)	145 (85)	125 (75)	105 (65)
215 lb	140 (85)	170 (95)	150 (85)	130 (75)	110 (65)
220 lb	145 (90)	175 (100)	155 (90)	130 (75)	110 (65)
225 lb	145 (90)	180 (100)	160 (90)	135 (80)	115 (65)

BENCH (CURL)

MALE Half/Full



Age Body Weight	15 to 18 years old (65%) (40%)	19 to 39 years old (80%) (45%)	40 to 49 years old (70%) (40%)	50 to 59 years old (60%) (35%)	60+ years old (50%) (30%)
230 lb	150 (90)	185 (105)	160 (90)	140 (80)	115 (70)
235 lb	155 (95)	190 (105)	165 (95)	140 (80)	120 (70)
240 lb	155 (95)	190 (110)	170 (95)	145 (85)	120 (70)
245 lb	160 (100)	200 (110)	170 (100)	145 (85)	125 (75)
250 lb	165 (100)	200 (115)	175 (100)	150 (85)	125 (75)
255 lb	165 (100)	205 (115)	180 (100)	155 (90)	130 (75)
260 lb	170 (105)	210 (115)	180 (105)	155 (90)	130 (80)
265 lb	170 (105)	210 (120)	185 (105)	160 (95)	135 (80)
270 lb	175 (110)	215 (120)	190 (110)	160 (95)	135 (80)
275 lb	180 (110)	220 (125)	195 (110)	165 (95)	140 (80)
280 lb	180 (110)	225 (125)	195 (110)	170 (100)	140 (85)
285 lb	185 (115)	230 (130)	200 (115)	170 (100)	145 (85)