

MALE PNR 5K/10K**BENCH (CURL) Chart**

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

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

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

WOMEN PNR 5K/10K**BENCH (CURL) Chart**

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)

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)