

**MALE PNR Half/Full****BENCH (CURL) Chart**

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

Age Body Weight	15 to 18 years old (60%) (35%)	19 to 39 years old (75%) (40%)	40 to 49 years old (65%) (35%)	50 to 59 years old (55%) (30%)	60+ years old (45%) (25%)
170 lb	100 (60)	125 (70)	110 (60)	95 (50)	75 (40)
175 lb	105 (60)	130 (70)	115 (60)	95 (50)	80 (45)
180 lb	110 (65)	135 (70)	115 (65)	100 (55)	80 (45)
185 lb	100 (65)	140 (75)	120 (65)	100 (55)	85 (45)
190 lb	115 (65)	140 (75)	125 (65)	105 (55)	85 (45)
195 lb	115 (70)	145 (80)	125 (70)	105 (60)	90 (50)
200 lb	120 (70)	150 (80)	130 (70)	110 (60)	90 (50)
205 lb	125 (70)	155 (80)	135 (70)	115 (60)	90 (50)
210 lb	125 (75)	155 (85)	135 (75)	115 (65)	95 (50)
215 lb	130 (75)	160 (85)	140 (75)	120 (65)	95 (55)
220 lb	130 (75)	165 (90)	145 (75)	120 (65)	100 (55)
225 lb	135 (80)	170 (90)	145 (80)	125 (65)	100 (55)

Age Body Weight	15 to 18 years old (60%) (35%)	19 to 39 years old (75%) (40%)	40 to 49 years old (65%) (35%)	50 to 59 years old (55%) (30%)	60+ years old (45%) (25%)
230 lb	140 (80)	170 (90)	150 (80)	125 (70)	105 (55)
235 lb	140 (80)	175 (95)	150 (80)	130 (70)	105 (60)
240 lb	145 (85)	180 (95)	155 (85)	130 (70)	110 (60)
245 lb	145 (85)	185 (100)	160 (85)	135 (75)	110 (60)
250 lb	150 (85)	185 (100)	160 (85)	135 (75)	110 (60)
255 lb	155 (90)	190 (100)	165 (90)	140 (75)	115 (65)
260 lb	155 (90)	195 (105)	170 (90)	145 (80)	115 (65)
265 lb	160 (90)	200 (105)	170 (95)	145 (80)	120 (65)
270 lb	160 (95)	200 (110)	175 (95)	150 (80)	120 (65)
275 lb	165 (95)	205 (110)	180 (95)	150 (80)	125 (70)
280 lb	170 (100)	210 (110)	180 (100)	155 (85)	125 (70)
285 lb	170 (100)	215 (115)	185 (100)	155 (85)	130 (70)

# WOMEN PNR Half/Full

# BENCH (CURL) Chart

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

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