Bench Press Strength Standards

Men

Body Weight	Untrained	Novice	Intermediate	Advanced	Elite
114	85	110	130	180	220
123	90	115	140	195	240
132	100	125	155	210	260
148	110	140	170	235	290
165	120	150	185	255	320
181	130	165	200	275	345
198	135	175	215	290	360
220	140	185	225	305	380
242	145	190	230	315	395
275	150	195	240	325	405
319	155	200	245	335	415
320+	160	205	250	340	425
Over 40 years old					
114	75	95	110	155	190
123	80	100	120	170	205
132	85	110	135	180	225
148	95	120	145	200	250
165	105	130	160	220	275
181	110	140	170	235	295
198	115	150	185	250	310
220	120	160	195	260	325
242	125	165	200	270	340
275	130	170	205	280	350
319	135	175	210	290	355
320+	140	180	215	295	365
Over 50 years old					
114	65	85	100	135	165
123	70	90	105	150	180
132	75	95	120	160	200
148	85	105	130	180	220
165	90	115	140	195	245
181	100	125	150	210	260
198	105	135	160	225	275
220	110	140	170	235	290
242	115	145	175	240	300
275	120	150	180	250	310
319	125	155	185	255	315
320+	130	160	190	260	325
Over 60 years old					
114	50	60	75	105	130
123	55	70	80	115	140
132	60	75	90	125	150
148	65	80	100	135	170
165	70	85	105	150	185
181	75	90	115	160	200
198	80	95	125	170	210
220	85	100	130	175	220
242	90	105	135	180	230
275	95	110	140	190	235
319	100	115	145	195	240
320+	105	120	150	200	250

Women

Body Weight	Untrained	Novice	Intermediate	Advanced	Elite
97	50	65	75	95	115
105	55	70	80	100	125
114	60	75	85	110	135
123	65	80	90	115	140
132	70	85	95	125	150
148	75	90	105	135	165
165	80	95	115	145	185
181	85	110	120	160	195
198	90	115	130	165	205
199+	95	120	140	175	220
Over 40 years old					
97	45	55	65	80	100
105	50	60	70	85	110
114	55	65	75	95	115
123	60	70	80	100	120
132	65	75	85	110	130
148	70	80	90	115	140
165	75	85	100	125	160
181	80	95	105	140	170
198	85	100	115	145	180
199+	90	105	120	150	190
Over 50 years old					
97	40	50	60	70	90
105	45	55	65	75	95
114	50	60	70	85	100
123	55	65	75	90	105
132	60	70	80	95	115
148	65	75	85	105	125
165	70	80	90	110	140
181	75	85	95	125	150
198	80	90	100	130	155
199+	85	95	105	135	160
Over 60 years old					
97	30	35	40	55	70
105	35	40	45	60	75
114	40	45	50	65	80
123	45	50	55	70	85
132	50	55	60	75	90
148	50	55	60	80	95
165	55	60	65	85	105
181	55	65	70	95	115
198	60	70	75	100	120
199+	60	75	80	105	130

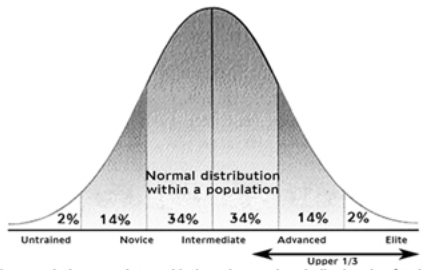
Performance standards are by nature a crude estimate of what we think someone should be capable of in a certain task under certain conditions. What is presented here are adult standards (>18 years old) based on competitive weightlifting and powerlifting (un-aided) classification systems in use from the 1960's to the present. Adjustments for the inevitability of aging are included. Standards are based on lifts completed with no supportive gear (belt is acceptable) and using complete range of motion exercises as described in each lift's official international competitive rules and/or as pictured above. For the bench press, if you do not touch the chest above the bottom of the sternum and momentarily pause, then press to full elbow extension, it voids the measurement. Definitions of Novice through Elite are those found in Practical Programming for Strength Training (Rippetoe & Kilgore, 2006).

Standards listed are for a single maximal repetition (1RM, Max, PR, PB, etc). The elite column does not represent the highest level of strength performance possible.

Strength will make you less likely to die ... die from any cause. Cancer, heart attack, AIDS, car wreck, gunshot, you name the demise, it doesn't matter. If you are weak you will not survive the nastiness the world can throw at you as well as if you are strong. The strongest of us are the best survivors.

The strongest third of the population dies at a lower rate from all causes than the weaker two thirds of the population. Look it up ...

British Medical Journal. 2008 July 12:337(7661): 92-95



The strongest third of the population correlates with the advanced and elite levels of training progression.

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