

BENCH (B) / CURL (C)

Female 5K/Half/Full

BODY DYNAMICS
FITNESS EQUIPMENT

| Age | 15 to 18 | | 19 to 29 | | 30 to 39 | | 40 to 49 | | 50 to 59 | | 60+ | |
|--------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|-----|-----|
| | 45% | 30% | 50% | 30% | 55% | 35% | 50% | 30% | 40% | 25% | 30% | 20% |
| Wt lbs | B | C | B | C | B | C | B | C | B | C | B | C |
| 95 | 45 | 30 | 45 | 30 | 50 | 35 | 45 | 30 | 40 | 25 | 30 | 20 |
| 100 | 45 | 30 | 50 | 30 | 55 | 35 | 50 | 30 | 40 | 25 | 30 | 20 |
| 105 | 45 | 30 | 50 | 30 | 60 | 35 | 50 | 30 | 40 | 25 | 30 | 20 |
| 110 | 50 | 35 | 55 | 35 | 60 | 40 | 55 | 35 | 45 | 25 | 35 | 20 |
| 115 | 50 | 35 | 55 | 35 | 65 | 40 | 55 | 35 | 45 | 30 | 35 | 25 |
| 120 | 55 | 35 | 60 | 35 | 65 | 40 | 60 | 35 | 50 | 30 | 35 | 25 |
| 125 | 55 | 35 | 60 | 35 | 70 | 45 | 60 | 35 | 50 | 30 | 35 | 25 |
| 130 | 60 | 40 | 65 | 40 | 70 | 45 | 65 | 40 | 50 | 30 | 40 | 25 |
| 135 | 60 | 40 | 65 | 40 | 75 | 45 | 65 | 40 | 55 | 35 | 40 | 25 |
| 140 | 65 | 40 | 70 | 40 | 75 | 50 | 70 | 40 | 55 | 35 | 40 | 30 |
| 145 | 65 | 45 | 70 | 45 | 80 | 50 | 70 | 45 | 60 | 35 | 45 | 30 |
| 150 | 65 | 45 | 75 | 45 | 80 | 50 | 75 | 45 | 60 | 35 | 45 | 30 |
| 155 | 70 | 45 | 75 | 45 | 85 | 55 | 75 | 45 | 60 | 40 | 45 | 30 |
| 160 | 70 | 50 | 80 | 50 | 90 | 55 | 80 | 50 | 65 | 40 | 50 | 30 |
| 165 | 75 | 50 | 80 | 50 | 90 | 60 | 80 | 50 | 65 | 40 | 50 | 35 |
| 170 | 75 | 50 | 85 | 50 | 95 | 60 | 85 | 50 | 70 | 40 | 50 | 35 |
| 175 | 80 | 50 | 85 | 50 | 95 | 60 | 85 | 50 | 70 | 45 | 50 | 35 |
| 180 | 80 | 55 | 90 | 55 | 100 | 65 | 90 | 55 | 70 | 45 | 55 | 35 |
| 185 | 85 | 55 | 90 | 55 | 100 | 65 | 90 | 55 | 75 | 45 | 55 | 35 |
| 190 | 85 | 55 | 95 | 55 | 105 | 65 | 95 | 55 | 75 | 45 | 55 | 40 |
| 195 | 90 | 60 | 95 | 60 | 105 | 70 | 95 | 60 | 80 | 50 | 60 | 40 |
| 200 | 90 | 60 | 100 | 60 | 110 | 70 | 100 | 60 | 80 | 50 | 60 | 40 |
| 205 | 90 | 60 | 100 | 60 | 115 | 70 | 100 | 60 | 80 | 50 | 60 | 40 |
| 210 | 95 | 65 | 105 | 65 | 115 | 75 | 105 | 65 | 85 | 50 | 65 | 40 |
| 215 | 95 | 65 | 105 | 65 | 120 | 75 | 105 | 65 | 85 | 55 | 65 | 45 |