

Bench Press - Adult Female Strength Standards*

Kilograms (Pounds)					
Body Weight	Untrained	Beginner	Intermediate	Advanced	Elite
44 (97)	22.5 (50)	30.0 (65)	35.0 (75)	42.5 (95)	52.5 (115)
48 (105)	25.0 (55)	32.5 (70)	37.5 (80)	45.0 (100)	57.5 (125)
52 (114)	27.5 (60)	35.0 (75)	37.5 (85)	50.0 (110)	62.5 (135)
56 (123)	30.0 (65)	37.5 (80)	40.0 (90)	52.5 (115)	65.0 (140)
60 (132)	32.5 (70)	40.0 (85)	42.5 (95)	57.5 (125)	67.5 (150)
67 (148)	35.0 (75)	40.0 (90)	47.5 (105)	62.5 (135)	75.0 (165)
75 (165)	37.5 (80)	42.5 (95)	52.5 (115)	65.0 (145)	85.0 (185)
82 (181)	37.5 (85)	50.0 (110)	55.0 (120)	72.5 (160)	90.0 (195)
90 (198)	40.0 (90)	52.5 (115)	60.0 (130)	75.0 (165)	95.0 (205)
90+ (199+)	42.5 (95)	55.0 (120)	62.5 (140)	80.0 (175)	100.0 (220)

For these standards to be valid the barbell must make contact with the chest (above the bottom of the sternum) with a brief pause and then pressed out to full elbow extension.