

| Age | Men % of body weight to bench press | Women % of body weight to bench press |
|--------------|-------------------------------------|---------------------------------------|
| 18-39 | 100% | 70% |
| 40-49 | 90% | 60% |
| 50-59 | 80% | 50% |
| 60-69 | 70% | 40% |
| 70 and older | 60% | 40% |