

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

