

**Strength to Weight Ratios
Age-Gender Norms
1-RM Bench Press and Leg Press**

1-RM Bench Press						
Rating	<20 yrs	20-29 yrs	30-39 yrs	40-49 yrs	50-59yrs	60+ yrs
Men						
Superior	>=1.34	>=1.32	>=1.12	>=1.00	>=0.90	>= 0.82
Excellent	1.20-1.33	1.15-1.31	0.99-1.11	0.89-0.99	0.80-0.89	0.72-0.81
Good	1.07-1.19	1.00-1.14	0.89-0.98	0.81-0.88	0.72-0.79	0.67-0.71
Fair	0.90-1.06	0.89-0.99	0.79-0.88	0.73-0.80	0.64-0.71	0.58-0.66
Poor	<=0.89	<=0.88	<=0.78	<=0.72	<=0.63	<=0.57
Rating	<20 yrs	20-29 yrs	30-39 yrs	40-49 yrs	50-59yrs	60+ yrs
Women						
Superior	>=0.78	>=0.81	>=0.71	>=0.63	>=0.56	>=0.55
Excellent	0.66-0.77	0.71-0.80	0.61-0.70	0.55-0.62	0.49-0.55	0.48-0.54
Good	0.59-0.65	0.60-0.70	0.54-0.60	0.51-0.54	0.44-0.48	0.43-0.47
Fair	0.54-0.58	0.52-0.59	0.48-0.53	0.44-0.50	0.40-0.43	0.39-0.42
Poor	<=0.53	<=0.51	<=0.47	<=0.43	<=0.39	<=0.38

1-RM Leg Press						
Rating	<20 yrs	20-29 yrs	30-39 yrs	40-49 yrs	50-59yrs	60+ yrs
Men						
Superior	>=2.82	>=2.13	>=1.93	>=1.82	>=1.71	>= 1.62
Excellent	2.05-2.27	1.98-2.12	1.78-1.92	1.69-1.81	1.59-1.70	1.50-1.61
Good	1.91-2.04	1.84-1.97	1.66-1.77	1.58-1.68	1.47-1.58	1.39-1.49
Fair	1.71-1.90	1.64-1.83	1.53-1.65	1.45-1.57	1.33-1.46	1.26-1.38
Poor	<=1.70	<=1.63	<=1.52	<=1.44	<=1.32	<=1.25
Rating	<20 yrs	20-29 yrs	30-39 yrs	40-49 yrs	50-59yrs	60+ yrs
Women						
Superior	>=1.71	>=1.68	>=1.47	>=1.37	>=1.25	>=1.18
Excellent	1.60-1.70	1.51-1.67	1.34-1.46	1.24-1.36	1.11-1.24	1.05-1.17
Good	1.39-1.59	1.38-1.50	1.22-1.33	1.14-1.23	1.00-1.10	0.94-1.04
Fair	1.23-1.38	1.23-1.37	1.10-1.21	1.03-1.13	0.89-0.99	0.86-0.93
Poor	<=1.22	<=1.22	<=1.09	<=1.02	<=0.88	<=0.85