

ベンチプレス レベル判定一覧表 [ IRM ]

男子

| 体重  | 初心者  | 初級者  | 中級者   | 上級者   | エリート  |
|-----|------|------|-------|-------|-------|
| 52  | 37.5 | 50.0 | 60.0  | 82.5  | 100.0 |
| 56  | 40.0 | 52.5 | 62.5  | 90.0  | 110.0 |
| 60  | 45.0 | 57.5 | 70.0  | 95.0  | 117.5 |
| 67  | 50.0 | 65.0 | 77.5  | 107.5 | 132.5 |
| 75  | 55.0 | 70.0 | 85.0  | 115.0 | 145.0 |
| 82  | 60.0 | 75.0 | 90.0  | 125.0 | 157.5 |
| 90  | 62.5 | 80.0 | 97.5  | 132.5 | 162.5 |
| 100 | 62.5 | 82.5 | 102.5 | 137.5 | 172.5 |

女子

| 体重 | 初心者  | 初級者  | 中級者  | 上級者  | エリート |
|----|------|------|------|------|------|
| 44 | 22.5 | 30.0 | 35.0 | 42.5 | 52.5 |
| 48 | 25.0 | 32.5 | 37.5 | 45.0 | 57.5 |
| 52 | 27.5 | 35.0 | 37.5 | 50.0 | 62.5 |
| 56 | 30.0 | 38.5 | 40.0 | 52.5 | 65.0 |
| 60 | 32.5 | 40.0 | 42.5 | 57.5 | 67.5 |
| 67 | 35.0 | 40.0 | 47.5 | 62.5 | 75.0 |
| 75 | 37.5 | 42.5 | 52.5 | 65.0 | 85.0 |
| 82 | 37.5 | 50.0 | 55.0 | 72.5 | 90.0 |