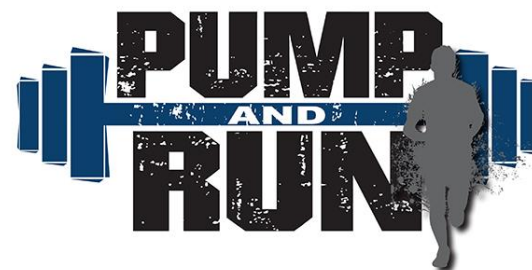


Macedon Pump & Run Bench Press Weights



Open Division 30 second reduction per rep (Max. 15 min.)			Scale Division 20 second reduction per rep (Max 10 min.)			Fun Division 10 second reduction per rep (Max 5 min)		
Body Weight	Bench Weight Men (100%)	Bench Weight Women (70%)	Body Weight	Bench Weight Men (75%)	Bench Weight Women (50%)	Body Weight	Bench Weight Men (50%)	Bench Weight Women (30%)
100	100	70	100	75	50	100	50	30
110	110	77	110	82.5	55	110	55	33
120	120	84	120	90	60	120	60	36
130	130	91	130	97.5	65	130	65	39
140	140	98	140	105	70	140	70	42
150	150	105	150	112.5	75	150	75	45
160	160	112	160	120	80	160	80	48
170	170	119	170	127.5	85	170	85	51
180	180	126	180	135	90	180	90	54
190	190	133	190	142.5	95	190	95	57
200	200	140	200	150	100	200	100	60
210	210	147	210	157.5	105	210	105	63
220	220	154	220	165	110	220	110	66
230	230	161	230	172.5	115	230	115	69

