

**Municipal Police Officers' Education and Training Commission**

**30th Percentile Female Entry Level Standards**

**Bench Press Conversion Chart**

Body Weight	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight
70.0	39.2	21.0	35.7	16.9	32.9	13.6	29.4	9.5	28.0	7.8
71.0	39.8	21.7	36.2	17.5	33.4	14.2	29.8	10.0	28.4	8.3
72.0	40.3	22.3	36.7	18.1	33.8	14.7	30.2	10.5	28.8	8.8
73.0	40.9	23.0	37.2	18.7	34.3	15.3	30.7	11.0	29.2	9.2
74.0	41.4	23.7	37.7	19.3	34.8	15.8	31.1	11.5	29.6	9.7
75.0	42.0	24.3	38.3	19.9	35.3	16.4	31.5	11.9	30.0	10.2
76.0	42.6	25.0	38.8	20.5	35.7	16.9	31.9	12.4	30.4	10.6
77.0	43.1	25.6	39.3	21.1	36.2	17.5	32.3	12.9	30.8	11.1
78.0	43.7	26.3	39.8	21.7	36.7	18.0	32.8	13.4	31.2	11.6
79.0	44.2	27.0	40.3	22.3	37.1	18.6	33.2	13.9	31.6	12.1
80.0	44.8	27.6	40.8	22.9	37.6	19.1	33.6	14.4	32.0	12.5
81.0	45.4	28.3	41.3	23.5	38.1	19.7	34.0	14.9	32.4	13.0
82.0	45.9	29.0	41.8	24.1	38.5	20.2	34.4	15.4	32.8	13.5
83.0	46.5	29.6	42.3	24.7	39.0	20.8	34.9	15.9	33.2	14.0
84.0	47.0	30.3	42.8	25.3	39.5	21.4	35.3	16.4	33.6	14.4
85.0	47.6	30.9	43.4	25.9	40.0	21.9	35.7	16.9	34.0	14.9
86.0	48.2	31.6	43.9	26.5	40.4	22.5	36.1	17.4	34.4	15.4
87.0	48.7	32.3	44.4	27.1	40.9	23.0	36.5	17.9	34.8	15.8
88.0	49.3	32.9	44.9	27.7	41.4	23.6	37.0	18.4	35.2	16.3
89.0	49.8	33.6	45.4	28.3	41.8	24.1	37.4	18.9	35.6	16.8
90.0	50.4	34.2	45.9	28.9	42.3	24.7	37.8	19.4	36.0	17.3
91.0	51.0	34.9	46.4	29.5	42.8	25.2	38.2	19.9	36.4	17.7
92.0	51.5	35.6	46.9	30.1	43.2	25.8	38.6	20.4	36.8	18.2
93.0	52.1	36.2	47.4	30.7	43.7	26.3	39.1	20.9	37.2	18.7
94.0	52.6	36.9	47.9	31.3	44.2	26.9	39.5	21.4	37.6	19.1
95.0	53.2	37.5	48.5	31.9	44.7	27.5	39.9	21.9	38.0	19.6

**Municipal Police Officers' Education and Training Commission**

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Body Weight	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight
96.0	53.8	38.2	49.0	32.5	45.1	28.0	40.3	22.3	38.4	20.1
97.0	54.3	38.9	49.5	33.1	45.6	28.6	40.7	22.8	38.8	20.6
98.0	54.9	39.5	50.0	33.7	46.1	29.1	41.2	23.3	39.2	21.0
99.0	55.4	40.2	50.5	34.3	46.5	29.7	41.6	23.8	39.6	21.5
100.0	56.0	40.8	51.0	34.9	47.0	30.2	42.0	24.3	40.0	22.0
101.0	56.6	41.5	51.5	35.5	47.5	30.8	42.4	24.8	40.4	22.4
102.0	57.1	42.2	52.0	36.1	47.9	31.3	42.8	25.3	40.8	22.9
103.0	57.7	42.8	52.5	36.7	48.4	31.9	43.3	25.8	41.2	23.4
104.0	58.2	43.5	53.0	37.3	48.9	32.4	43.7	26.3	41.6	23.9
105.0	58.8	44.1	53.6	37.9	49.4	33.0	44.1	26.8	42.0	24.3
106.0	59.4	44.8	54.1	38.5	49.8	33.5	44.5	27.3	42.4	24.8
107.0	59.9	45.5	54.6	39.2	50.3	34.1	44.9	27.8	42.8	25.3
108.0	60.5	46.1	55.1	39.8	50.8	34.7	45.4	28.3	43.2	25.7
109.0	61.0	46.8	55.6	40.4	51.2	35.2	45.8	28.8	43.6	26.2
110.0	61.6	47.4	56.1	41.0	51.7	35.8	46.2	29.3	44.0	26.7
111.0	62.2	48.1	56.6	41.6	52.2	36.3	46.6	29.8	44.4	27.2
112.0	62.7	48.8	57.1	42.2	52.6	36.9	47.0	30.3	44.8	27.6
113.0	63.3	49.4	57.6	42.8	53.1	37.4	47.5	30.8	45.2	28.1
114.0	63.8	50.1	58.1	43.4	53.6	38.0	47.9	31.3	45.6	28.6
115.0	64.4	50.7	58.7	44.0	54.1	38.5	48.3	31.8	46.0	29.0
116.0	65.0	51.4	59.2	44.6	54.5	39.1	48.7	32.3	46.4	29.5
117.0	65.5	52.1	59.7	45.2	55.0	39.6	49.1	32.7	46.8	30.0
118.0	66.1	52.7	60.2	45.8	55.5	40.2	49.6	33.2	47.2	30.5
119.0	66.6	53.4	60.7	46.4	55.9	40.8	50.0	33.7	47.6	30.9
120.0	67.2	54.0	61.2	47.0	56.4	41.3	50.4	34.2	48.0	31.4
121.0	67.8	54.7	61.7	47.6	56.9	41.9	50.8	34.7	48.4	31.9

**Municipal Police Officers' Education and Training Commission**

**30th Percentile Female Entry Level Standards**

**Bench Press Conversion Chart**

Body Weight	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight
122.0	68.3	55.4	62.2	48.2	57.3	42.4	51.2	35.2	48.8	32.3
123.0	68.9	56.0	62.7	48.8	57.8	43.0	51.7	35.7	49.2	32.8
124.0	69.4	56.7	63.2	49.4	58.3	43.5	52.1	36.2	49.6	33.3
125.0	70.0	57.3	63.8	50.0	58.8	44.1	52.5	36.7	50.0	33.8
126.0	70.6	58.0	64.3	50.6	59.2	44.6	52.9	37.2	50.4	34.2
127.0	71.1	58.7	64.8	51.2	59.7	45.2	53.3	37.7	50.8	34.7
128.0	71.7	59.3	65.3	51.8	60.2	45.7	53.8	38.2	51.2	35.2
129.0	72.2	60.0	65.8	52.4	60.6	46.3	54.2	38.7	51.6	35.6
130.0	72.8	60.6	66.3	53.0	61.1	46.9	54.6	39.2	52.0	36.1
131.0	73.4	61.3	66.8	53.6	61.6	47.4	55.0	39.7	52.4	36.6
132.0	73.9	62.0	67.3	54.2	62.0	48.0	55.4	40.2	52.8	37.1
133.0	74.5	62.6	67.8	54.8	62.5	48.5	55.9	40.7	53.2	37.5
134.0	75.0	63.3	68.3	55.4	63.0	49.1	56.3	41.2	53.6	38.0
135.0	75.6	64.0	68.9	56.0	63.5	49.6	56.7	41.7	54.0	38.5
136.0	76.2	64.6	69.4	56.6	63.9	50.2	57.1	42.2	54.4	39.0
137.0	76.7	65.3	69.9	57.2	64.4	50.7	57.5	42.7	54.8	39.4
138.0	77.3	65.9	70.4	57.8	64.9	51.3	58.0	43.1	55.2	39.9
139.0	77.8	66.6	70.9	58.4	65.3	51.8	58.4	43.6	55.6	40.4
140.0	78.4	67.3	71.4	59.0	65.8	52.4	58.8	44.1	56.0	40.8
141.0	79.0	67.9	71.9	59.6	66.3	52.9	59.2	44.6	56.4	41.3
142.0	79.5	68.6	72.4	60.2	66.7	53.5	59.6	45.1	56.8	41.8
143.0	80.1	69.2	72.9	60.8	67.2	54.1	60.1	45.6	57.2	42.3
144.0	80.6	69.9	73.4	61.4	67.7	54.6	60.5	46.1	57.6	42.7
145.0	81.2	70.6	74.0	62.0	68.2	55.2	60.9	46.6	58.0	43.2
146.0	81.8	71.2	74.5	62.6	68.6	55.7	61.3	47.1	58.4	43.7
147.0	82.3	71.9	75.0	63.2	69.1	56.3	61.7	47.6	58.8	44.1

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	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight
148.0	82.9	72.5	75.5	63.8	69.6	56.8	62.2	48.1	59.2	44.6
149.0	83.4	73.2	76.0	64.4	70.0	57.4	62.6	48.6	59.6	45.1
150.0	84.0	73.9	76.5	65.0	70.5	57.9	63.0	49.1	60.0	45.6
151.0	84.6	74.5	77.0	65.6	71.0	58.5	63.4	49.6	60.4	46.0
152.0	85.1	75.2	77.5	66.2	71.4	59.0	63.8	50.1	60.8	46.5
153.0	85.7	75.8	78.0	66.8	71.9	59.6	64.3	50.6	61.2	47.0
154.0	86.2	76.5	78.5	67.4	72.4	60.2	64.7	51.1	61.6	47.4
155.0	86.8	77.2	79.1	68.0	72.9	60.7	65.1	51.6	62.0	47.9
156.0	87.4	77.8	79.6	68.6	73.3	61.3	65.5	52.1	62.4	48.4
157.0	87.9	78.5	80.1	69.2	73.8	61.8	65.9	52.6	62.8	48.9
158.0	88.5	79.1	80.6	69.8	74.3	62.4	66.4	53.1	63.2	49.3
159.0	89.0	79.8	81.1	70.4	74.7	62.9	66.8	53.5	63.6	49.8
160.0	89.6	80.5	81.6	71.0	75.2	63.5	67.2	54.0	64.0	50.3
161.0	90.2	81.1	82.1	71.6	75.7	64.0	67.6	54.5	64.4	50.7
162.0	90.7	81.8	82.6	72.2	76.1	64.6	68.0	55.0	64.8	51.2
163.0	91.3	82.4	83.1	72.8	76.6	65.1	68.5	55.5	65.2	51.7
164.0	91.8	83.1	83.6	73.4	77.1	65.7	68.9	56.0	65.6	52.2
165.0	92.4	83.8	84.2	74.0	77.6	66.3	69.3	56.5	66.0	52.6
166.0	93.0	84.4	84.7	74.6	78.0	66.8	69.7	57.0	66.4	53.1
167.0	93.5	85.1	85.2	75.2	78.5	67.4	70.1	57.5	66.8	53.6
168.0	94.1	85.7	85.7	75.8	79.0	67.9	70.6	58.0	67.2	54.0
169.0	94.6	86.4	86.2	76.4	79.4	68.5	71.0	58.5	67.6	54.5
170.0	95.2	87.1	86.7	77.0	79.9	69.0	71.4	59.0	68.0	55.0
171.0	95.8	87.7	87.2	77.6	80.4	69.6	71.8	59.5	68.4	55.5
172.0	96.3	88.4	87.7	78.2	80.8	70.1	72.2	60.0	68.8	55.9
173.0	96.9	89.0	88.2	78.8	81.3	70.7	72.7	60.5	69.2	56.4

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	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight
174.0	97.4	89.7	88.7	79.4	81.8	71.2	73.1	61.0	69.6	56.9
175.0	98.0	90.4	89.3	80.0	82.3	71.8	73.5	61.5	70.0	57.3
176.0	98.6	91.0	89.8	80.6	82.7	72.3	73.9	62.0	70.4	57.8
177.0	99.1	91.7	90.3	81.3	83.2	72.9	74.3	62.5	70.8	58.3
178.0	99.7	92.3	90.8	81.9	83.7	73.5	74.8	63.0	71.2	58.8
179.0	100.2	93.0	91.3	82.5	84.1	74.0	75.2	63.5	71.6	59.2
180.0	100.8	93.7	91.8	83.1	84.6	74.6	75.6	64.0	72.0	59.7
181.0	101.4	94.3	92.3	83.7	85.1	75.1	76.0	64.4	72.4	60.2
182.0	101.9	95.0	92.8	84.3	85.5	75.7	76.4	64.9	72.8	60.6
183.0	102.5	95.6	93.3	84.9	86.0	76.2	76.9	65.4	73.2	61.1
184.0	103.0	96.3	93.8	85.5	86.5	76.8	77.3	65.9	73.6	61.6
185.0	103.6	97.0	94.4	86.1	87.0	77.3	77.7	66.4	74.0	62.1
186.0	104.2	97.6	94.9	86.7	87.4	77.9	78.1	66.9	74.4	62.5
187.0	104.7	98.3	95.4	87.3	87.9	78.4	78.5	67.4	74.8	63.0
188.0	105.3	99.0	95.9	87.9	88.4	79.0	79.0	67.9	75.2	63.5
189.0	105.8	99.6	96.4	88.5	88.8	79.6	79.4	68.4	75.6	64.0
190.0	106.4	100.3	96.9	89.1	89.3	80.1	79.8	68.9	76.0	64.4
191.0	107.0	100.9	97.4	89.7	89.8	80.7	80.2	69.4	76.4	64.9
192.0	107.5	101.6	97.9	90.3	90.2	81.2	80.6	69.9	76.8	65.4
193.0	108.1	102.3	98.4	90.9	90.7	81.8	81.1	70.4	77.2	65.8
194.0	108.6	102.9	98.9	91.5	91.2	82.3	81.5	70.9	77.6	66.3
195.0	109.2	103.6	99.5	92.1	91.7	82.9	81.9	71.4	78.0	66.8
196.0	109.8	104.2	100.0	92.7	92.1	83.4	82.3	71.9	78.4	67.3
197.0	110.3	104.9	100.5	93.3	92.6	84.0	82.7	72.4	78.8	67.7
198.0	110.9	105.6	101.0	93.9	93.1	84.5	83.2	72.9	79.2	68.2
199.0	111.4	106.2	101.5	94.5	93.5	85.1	83.6	73.4	79.6	68.7

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200.0	112.0	106.9	102.0	95.1	94.0	85.6	84.0	73.9	80.0	69.1
201.0	112.6	107.5	102.5	95.7	94.5	86.2	84.4	74.4	80.4	69.6
202.0	113.1	108.2	103.0	96.3	94.9	86.8	84.8	74.8	80.8	70.1
203.0	113.7	108.9	103.5	96.9	95.4	87.3	85.3	75.3	81.2	70.6
204.0	114.2	109.5	104.0	97.5	95.9	87.9	85.7	75.8	81.6	71.0
205.0	114.8	110.2	104.6	98.1	96.4	88.4	86.1	76.3	82.0	71.5
206.0	115.4	110.8	105.1	98.7	96.8	89.0	86.5	76.8	82.4	72.0
207.0	115.9	111.5	105.6	99.3	97.3	89.5	86.9	77.3	82.8	72.4
208.0	116.5	112.2	106.1	99.9	97.8	90.1	87.4	77.8	83.2	72.9
209.0	117.0	112.8	106.6	100.5	98.2	90.6	87.8	78.3	83.6	73.4
210.0	117.6	113.5	107.1	101.1	98.7	91.2	88.2	78.8	84.0	73.9
211.0	118.2	114.1	107.6	101.7	99.2	91.7	88.6	79.3	84.4	74.3
212.0	118.7	114.8	108.1	102.3	99.6	92.3	89.0	79.8	84.8	74.8
213.0	119.3	115.5	108.6	102.9	100.1	92.9	89.5	80.3	85.2	75.3
214.0	119.8	116.1	109.1	103.5	100.6	93.4	89.9	80.8	85.6	75.7
215.0	120.4	116.8	109.7	104.1	101.1	94.0	90.3	81.3	86.0	76.2
216.0	121.0	117.4	110.2	104.7	101.5	94.5	90.7	81.8	86.4	76.7
217.0	121.5	118.1	110.7	105.3	102.0	95.1	91.1	82.3	86.8	77.2
218.0	122.1	118.8	111.2	105.9	102.5	95.6	91.6	82.8	87.2	77.6
219.0	122.6	119.4	111.7	106.5	102.9	96.2	92.0	83.3	87.6	78.1
220.0	123.2	120.1	112.2	107.1	103.4	96.7	92.4	83.8	88.0	78.6
221.0	123.8	120.7	112.7	107.7	103.9	97.3	92.8	84.3	88.4	79.0
222.0	124.3	121.4	113.2	108.3	104.3	97.8	93.2	84.8	88.8	79.5
223.0	124.9	122.1	113.7	108.9	104.8	98.4	93.7	85.2	89.2	80.0
224.0	125.4	122.7	114.2	109.5	105.3	99.0	94.1	85.7	89.6	80.5
225.0	126.0	123.4	114.8	110.1	105.8	99.5	94.5	86.2	90.0	80.9

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	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight
226.0	126.6	124.0	115.3	110.7	106.2	100.1	94.9	86.7	90.4	81.4
227.0	127.1	124.7	115.8	111.3	106.7	100.6	95.3	87.2	90.8	81.9
228.0	127.7	125.4	116.3	111.9	107.2	101.2	95.8	87.7	91.2	82.3
229.0	128.2	126.0	116.8	112.5	107.6	101.7	96.2	88.2	91.6	82.8
230.0	128.8	126.7	117.3	113.1	108.1	102.3	96.6	88.7	92.0	83.3
231.0	129.4	127.3	117.8	113.7	108.6	102.8	97.0	89.2	92.4	83.8
232.0	129.9	128.0	118.3	114.3	109.0	103.4	97.4	89.7	92.8	84.2
233.0	130.5	128.7	118.8	114.9	109.5	103.9	97.9	90.2	93.2	84.7
234.0	131.0	129.3	119.3	115.5	110.0	104.5	98.3	90.7	93.6	85.2
235.0	131.6	130.0	119.9	116.1	110.5	105.0	98.7	91.2	94.0	85.6
236.0	132.2	130.6	120.4	116.7	110.9	105.6	99.1	91.7	94.4	86.1
237.0	132.7	131.3	120.9	117.3	111.4	106.2	99.5	92.2	94.8	86.6
238.0	133.3	132.0	121.4	117.9	111.9	106.7	100.0	92.7	95.2	87.1
239.0	133.8	132.6	121.9	118.5	112.3	107.3	100.4	93.2	95.6	87.5
240.0	134.4	133.3	122.4	119.1	112.8	107.8	100.8	93.7	96.0	88.0
241.0	135.0	134.0	122.9	119.7	113.3	108.4	101.2	94.2	96.4	88.5
242.0	135.5	134.6	123.4	120.3	113.7	108.9	101.6	94.7	96.8	89.0
243.0	136.1	135.3	123.9	120.9	114.2	109.5	102.1	95.2	97.2	89.4
244.0	136.6	135.9	124.4	121.5	114.7	110.0	102.5	95.6	97.6	89.9
245.0	137.2	136.6	125.0	122.1	115.2	110.6	102.9	96.1	98.0	90.4
246.0	137.8	137.3	125.5	122.7	115.6	111.1	103.3	96.6	98.4	90.8
247.0	138.3	137.9	126.0	123.3	116.1	111.7	103.7	97.1	98.8	91.3
248.0	138.9	138.6	126.5	124.0	116.6	112.3	104.2	97.6	99.2	91.8
249.0	139.4	139.2	127.0	124.6	117.0	112.8	104.6	98.1	99.6	92.3
250.0	140.0	139.9	127.5	125.2	117.5	113.4	105.0	98.6	100.0	92.7
251.0	140.6	140.6	128.0	125.8	118.0	113.9	105.4	99.1	100.4	93.2

**Municipal Police Officers' Education and Training Commission**

**30th Percentile Female Entry Level Standards**

**Bench Press Conversion Chart**

Body Weight	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight
252.0	141.1	141.2	128.5	126.4	118.4	114.5	105.8	99.6	100.8	93.7
253.0	141.7	141.9	129.0	127.0	118.9	115.0	106.3	100.1	101.2	94.1
254.0	142.2	142.5	129.5	127.6	119.4	115.6	106.7	100.6	101.6	94.6
255.0	142.8	143.2	130.1	128.2	119.9	116.1	107.1	101.1	102.0	95.1
256.0	143.4	143.9	130.6	128.8	120.3	116.7	107.5	101.6	102.4	95.6
257.0	143.9	144.5	131.1	129.4	120.8	117.2	107.9	102.1	102.8	96.0
258.0	144.5	145.2	131.6	130.0	121.3	117.8	108.4	102.6	103.2	96.5
259.0	145.0	145.8	132.1	130.6	121.7	118.3	108.8	103.1	103.6	97.0
260.0	145.6	146.5	132.6	131.2	122.2	118.9	109.2	103.6	104.0	97.4
261.0	146.2	147.2	133.1	131.8	122.7	119.5	109.6	104.1	104.4	97.9
262.0	146.7	147.8	133.6	132.4	123.1	120.0	110.0	104.6	104.8	98.4
263.0	147.3	148.5	134.1	133.0	123.6	120.6	110.5	105.1	105.2	98.9
264.0	147.8	149.1	134.6	133.6	124.1	121.1	110.9	105.6	105.6	99.3
265.0	148.4	149.8	135.2	134.2	124.6	121.7	111.3	106.0	106.0	99.8
266.0	149.0	150.5	135.7	134.8	125.0	122.2	111.7	106.5	106.4	100.3
267.0	149.5	151.1	136.2	135.4	125.5	122.8	112.1	107.0	106.8	100.7
268.0	150.1	151.8	136.7	136.0	126.0	123.3	112.6	107.5	107.2	101.2
269.0	150.6	152.4	137.2	136.6	126.4	123.9	113.0	108.0	107.6	101.7
270.0	151.2	153.1	137.7	137.2	126.9	124.4	113.4	108.5	108.0	102.2
271.0	151.8	153.8	138.2	137.8	127.4	125.0	113.8	109.0	108.4	102.6
272.0	152.3	154.4	138.7	138.4	127.8	125.6	114.2	109.5	108.8	103.1
273.0	152.9	155.1	139.2	139.0	128.3	126.1	114.7	110.0	109.2	103.6
274.0	153.4	155.7	139.7	139.6	128.8	126.7	115.1	110.5	109.6	104.0
275.0	154.0	156.4	140.3	140.2	129.3	127.2	115.5	111.0	110.0	104.5
276.0	154.6	157.1	140.8	140.8	129.7	127.8	115.9	111.5	110.4	105.0
277.0	155.1	157.7	141.3	141.4	130.2	128.3	116.3	112.0	110.8	105.5



**Municipal Police Officers' Education and Training Commission**

**30th Percentile Female Entry Level Standards**

**Bench Press Conversion Chart**

Body Weight	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight
278.0	155.7	158.4	141.8	142.0	130.7	128.9	116.8	112.5	111.2	105.9
279.0	156.2	159.0	142.3	142.6	131.1	129.4	117.2	113.0	111.6	106.4
280.0	156.8	159.7	142.8	143.2	131.6	130.0	117.6	113.5	112.0	106.9
281.0	157.4	160.4	143.3	143.8	132.1	130.5	118.0	114.0	112.4	107.3
282.0	157.9	161.0	143.8	144.4	132.5	131.1	118.4	114.5	112.8	107.8
283.0	158.5	161.7	144.3	145.0	133.0	131.7	118.9	115.0	113.2	108.3
284.0	159.0	162.3	144.8	145.6	133.5	132.2	119.3	115.5	113.6	108.8
285.0	159.6	163.0	145.4	146.2	134.0	132.8	119.7	116.0	114.0	109.2
286.0	160.2	163.7	145.9	146.8	134.4	133.3	120.1	116.5	114.4	109.7
287.0	160.7	164.3	146.4	147.4	134.9	133.9	120.5	116.9	114.8	110.2
288.0	161.3	165.0	146.9	148.0	135.4	134.4	121.0	117.4	115.2	110.6
289.0	161.8	165.6	147.4	148.6	135.8	135.0	121.4	117.9	115.6	111.1
290.0	162.4	166.3	147.9	149.2	136.3	135.5	121.8	118.4	116.0	111.6
291.0	163.0	167.0	148.4	149.8	136.8	136.1	122.2	118.9	116.4	112.1
292.0	163.5	167.6	148.9	150.4	137.2	136.6	122.6	119.4	116.8	112.5
293.0	164.1	168.3	149.4	151.0	137.7	137.2	123.1	119.9	117.2	113.0
294.0	164.6	169.0	149.9	151.6	138.2	137.7	123.5	120.4	117.6	113.5
295.0	165.2	169.6	150.5	152.2	138.7	138.3	123.9	120.9	118.0	114.0
296.0	165.8	170.3	151.0	152.8	139.1	138.9	124.3	121.4	118.4	114.4
297.0	166.3	170.9	151.5	153.4	139.6	139.4	124.7	121.9	118.8	114.9
298.0	166.9	171.6	152.0	154.0	140.1	140.0	125.2	122.4	119.2	115.4
299.0	167.4	172.3	152.5	154.6	140.5	140.5	125.6	122.9	119.6	115.8
300.0	168.0	172.9	153.0	155.2	141.0	141.1	126.0	123.4	120.0	116.3
301.0	168.6	173.6	153.5	155.8	141.5	141.6	126.4	123.9	120.4	116.8
302.0	169.1	174.2	154.0	156.4	141.9	142.2	126.8	124.4	120.8	117.3
303.0	169.7	174.9	154.5	157.0	142.4	142.7	127.3	124.9	121.2	117.7

**Municipal Police Officers' Education and Training Commission**

**30th Percentile Female Entry Level Standards**

**Bench Press Conversion Chart**

Body Weight	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight
304.0	170.2	175.6	155.0	157.6	142.9	143.3	127.7	125.4	121.6	118.2
305.0	170.8	176.2	155.6	158.2	143.4	143.8	128.1	125.9	122.0	118.7
306.0	171.4	176.9	156.1	158.8	143.8	144.4	128.5	126.4	122.4	119.1
307.0	171.9	177.5	156.6	159.4	144.3	145.0	128.9	126.9	122.8	119.6
308.0	172.5	178.2	157.1	160.0	144.8	145.5	129.4	127.3	123.2	120.1
309.0	173.0	178.9	157.6	160.6	145.2	146.1	129.8	127.8	123.6	120.6
310.0	173.6	179.5	158.1	161.2	145.7	146.6	130.2	128.3	124.0	121.0
311.0	174.2	180.2	158.6	161.8	146.2	147.2	130.6	128.8	124.4	121.5
312.0	174.7	180.8	159.1	162.4	146.6	147.7	131.0	129.3	124.8	122.0
313.0	175.3	181.5	159.6	163.0	147.1	148.3	131.5	129.8	125.2	122.4
314.0	175.8	182.2	160.1	163.6	147.6	148.8	131.9	130.3	125.6	122.9
315.0	176.4	182.8	160.7	164.2	148.1	149.4	132.3	130.8	126.0	123.4
316.0	177.0	183.5	161.2	164.8	148.5	149.9	132.7	131.3	126.4	123.9
317.0	177.5	184.1	161.7	165.4	149.0	150.5	133.1	131.8	126.8	124.3
318.0	178.1	184.8	162.2	166.0	149.5	151.0	133.6	132.3	127.2	124.8
319.0	178.6	185.5	162.7	166.7	149.9	151.6	134.0	132.8	127.6	125.3
320.0	179.2	186.1	163.2	167.3	150.4	152.2	134.4	133.3	128.0	125.7
321.0	179.8	186.8	163.7	167.9	150.9	152.7	134.8	133.8	128.4	126.2
322.0	180.3	187.4	164.2	168.5	151.3	153.3	135.2	134.3	128.8	126.7
323.0	180.9	188.1	164.7	169.1	151.8	153.8	135.7	134.8	129.2	127.2
324.0	181.4	188.8	165.2	169.7	152.3	154.4	136.1	135.3	129.6	127.6
325.0	182.0	189.4	165.8	170.3	152.8	154.9	136.5	135.8	130.0	128.1
326.0	182.6	190.1	166.3	170.9	153.2	155.5	136.9	136.3	130.4	128.6
327.0	183.1	190.7	166.8	171.5	153.7	156.0	137.3	136.8	130.8	129.0
328.0	183.7	191.4	167.3	172.1	154.2	156.6	137.8	137.3	131.2	129.5
329.0	184.2	192.1	167.8	172.7	154.6	157.1	138.2	137.7	131.6	130.0

**Municipal Police Officers' Education and Training Commission**

**30th Percentile Female Entry Level Standards**

**Bench Press Conversion Chart**

Body Weight	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight
330.0	184.8	192.7	168.3	173.3	155.1	157.7	138.6	138.2	132.0	130.5
331.0	185.4	193.4	168.8	173.9	155.6	158.3	139.0	138.7	132.4	130.9
332.0	185.9	194.0	169.3	174.5	156.0	158.8	139.4	139.2	132.8	131.4
333.0	186.5	194.7	169.8	175.1	156.5	159.4	139.9	139.7	133.2	131.9
334.0	187.0	195.4	170.3	175.7	157.0	159.9	140.3	140.2	133.6	132.3
335.0	187.6	196.0	170.9	176.3	157.5	160.5	140.7	140.7	134.0	132.8
336.0	188.2	196.7	171.4	176.9	157.9	161.0	141.1	141.2	134.4	133.3
337.0	188.7	197.3	171.9	177.5	158.4	161.6	141.5	141.7	134.8	133.8
338.0	189.3	198.0	172.4	178.1	158.9	162.1	142.0	142.2	135.2	134.2
339.0	189.8	198.7	172.9	178.7	159.3	162.7	142.4	142.7	135.6	134.7
340.0	190.4	199.3	173.4	179.3	159.8	163.2	142.8	143.2	136.0	135.2
341.0	191.0	200.0	173.9	179.9	160.3	163.8	143.2	143.7	136.4	135.6
342.0	191.5	200.6	174.4	180.5	160.7	164.4	143.6	144.2	136.8	136.1
343.0	192.1	201.3	174.9	181.1	161.2	164.9	144.1	144.7	137.2	136.6
344.0	192.6	202.0	175.4	181.7	161.7	165.5	144.5	145.2	137.6	137.1
345.0	193.2	202.6	176.0	182.3	162.2	166.0	144.9	145.7	138.0	137.5
346.0	193.8	203.3	176.5	182.9	162.6	166.6	145.3	146.2	138.4	138.0
347.0	194.3	204.0	177.0	183.5	163.1	167.1	145.7	146.7	138.8	138.5
348.0	194.9	204.6	177.5	184.1	163.6	167.7	146.2	147.2	139.2	139.0
349.0	195.4	205.3	178.0	184.7	164.0	168.2	146.6	147.7	139.6	139.4
350.0	196.0	205.9	178.5	185.3	164.5	168.8	147.0	148.1	140.0	139.9
351.0	196.6	206.6	179.0	185.9	165.0	169.3	147.4	148.6	140.4	140.4
352.0	197.1	207.3	179.5	186.5	165.4	169.9	147.8	149.1	140.8	140.8
353.0	197.7	207.9	180.0	187.1	165.9	170.4	148.3	149.6	141.2	141.3
354.0	198.2	208.6	180.5	187.7	166.4	171.0	148.7	150.1	141.6	141.8
355.0	198.8	209.2	181.1	188.3	166.9	171.6	149.1	150.6	142.0	142.3

**Municipal Police Officers' Education and Training Commission**

**30th Percentile Female Entry Level Standards**

**Bench Press Conversion Chart**

Body Weight	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight
356.0	199.4	209.9	181.6	188.9	167.3	172.1	149.5	151.1	142.4	142.7
357.0	199.9	210.6	182.1	189.5	167.8	172.7	149.9	151.6	142.8	143.2
358.0	200.5	211.2	182.6	190.1	168.3	173.2	150.4	152.1	143.2	143.7
359.0	201.0	211.9	183.1	190.7	168.7	173.8	150.8	152.6	143.6	144.1
360.0	201.6	212.5	183.6	191.3	169.2	174.3	151.2	153.1	144.0	144.6
361.0	202.2	213.2	184.1	191.9	169.7	174.9	151.6	153.6	144.4	145.1
362.0	202.7	213.9	184.6	192.5	170.1	175.4	152.0	154.1	144.8	145.6
363.0	203.3	214.5	185.1	193.1	170.6	176.0	152.5	154.6	145.2	146.0
364.0	203.8	215.2	185.6	193.7	171.1	176.5	152.9	155.1	145.6	146.5
365.0	204.4	215.8	186.2	194.3	171.6	177.1	153.3	155.6	146.0	147.0
366.0	205.0	216.5	186.7	194.9	172.0	177.7	153.7	156.1	146.4	147.4
367.0	205.5	217.2	187.2	195.5	172.5	178.2	154.1	156.6	146.8	147.9
368.0	206.1	217.8	187.7	196.1	173.0	178.8	154.6	157.1	147.2	148.4
369.0	206.6	218.5	188.2	196.7	173.4	179.3	155.0	157.6	147.6	148.9
370.0	207.2	219.1	188.7	197.3	173.9	179.9	155.4	158.1	148.0	149.3
371.0	207.8	219.8	189.2	197.9	174.4	180.4	155.8	158.5	148.4	149.8
372.0	208.3	220.5	189.7	198.5	174.8	181.0	156.2	159.0	148.8	150.3
373.0	208.9	221.1	190.2	199.1	175.3	181.5	156.7	159.5	149.2	150.7
374.0	209.4	221.8	190.7	199.7	175.8	182.1	157.1	160.0	149.6	151.2
375.0	210.0	222.4	191.3	200.3	176.3	182.6	157.5	160.5	150.0	151.7
376.0	210.6	223.1	191.8	200.9	176.7	183.2	157.9	161.0	150.4	152.2
377.0	211.1	223.8	192.3	201.5	177.2	183.8	158.3	161.5	150.8	152.6
378.0	211.7	224.4	192.8	202.1	177.7	184.3	158.8	162.0	151.2	153.1
379.0	212.2	225.1	193.3	202.7	178.1	184.9	159.2	162.5	151.6	153.6
380.0	212.8	225.7	193.8	203.3	178.6	185.4	159.6	163.0	152.0	154.0
381.0	213.4	226.4	194.3	203.9	179.1	186.0	160.0	163.5	152.4	154.5

**Municipal Police Officers' Education and Training Commission**

**30th Percentile Female Entry Level Standards**

**Bench Press Conversion Chart**

Body Weight	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight	D. V. R.	Free Weight
382.0	213.9	227.1	194.8	204.5	179.5	186.5	160.4	164.0	152.8	155.0
383.0	214.5	227.7	195.3	205.1	180.0	187.1	160.9	164.5	153.2	155.5
384.0	215.0	228.4	195.8	205.7	180.5	187.6	161.3	165.0	153.6	155.9
385.0	215.6	229.0	196.4	206.3	181.0	188.2	161.7	165.5	154.0	156.4
386.0	216.2	229.7	196.9	206.9	181.4	188.7	162.1	166.0	154.4	156.9
387.0	216.7	230.4	197.4	207.5	181.9	189.3	162.5	166.5	154.8	157.3
388.0	217.3	231.0	197.9	208.1	182.4	189.8	163.0	167.0	155.2	157.8
389.0	217.8	231.7	198.4	208.8	182.8	190.4	163.4	167.5	155.6	158.3
390.0	218.4	232.3	198.9	209.4	183.3	191.0	163.8	168.0	156.0	158.8
391.0	219.0	233.0	199.4	210.0	183.8	191.5	164.2	168.5	156.4	159.2
392.0	219.5	233.7	199.9	210.6	184.2	192.1	164.6	169.0	156.8	159.7
393.0	220.1	234.3	200.4	211.2	184.7	192.6	165.1	169.4	157.2	160.2
394.0	220.6	235.0	200.9	211.8	185.2	193.2	165.5	169.9	157.6	160.6
395.0	221.2	235.6	201.5	212.4	185.7	193.7	165.9	170.4	158.0	161.1
396.0	221.8	236.3	202.0	213.0	186.1	194.3	166.3	170.9	158.4	161.6
397.0	222.3	237.0	202.5	213.6	186.6	194.8	166.7	171.4	158.8	162.1
398.0	222.9	237.6	203.0	214.2	187.1	195.4	167.2	171.9	159.2	162.5
399.0	223.4	238.3	203.5	214.8	187.5	195.9	167.6	172.4	159.6	163.0
400.0	224.0	239.0	204.0	215.4	188.0	196.5	168.0	172.9	160.0	163.5
D.V.R.	Body Weight X 0.56		Body Weight X 0.51		Body Weight X 0.47		Body Weight X 0.42		Body Weight X 0.40	
Conversion Formula: ( D. V. R. Weight - 21.37 ) ÷ 0.848 = Free Weight										
NOTE: D. V. R. & Free Weight Standards should always be rounded down to next DVR plate or free weight whole number.										