

Download Bench Press Your Body Weight At Age 65

'Bench Press Your Body Weight at Age 65' is about how anyone, but particularly those approaching retirement, can reap the incredible benefits of strength training, and roll back their biological age by 20 years. Add tags for "Bench press your body weight at age 65 : the incredible benefits of strength training that can reverse your biological age by 20 years and extend your healthy lifespan by decades". Be the first. 'Bench Press Your Body Weight at Age 65' is about how anyone, but particularly those approaching retirement, can reap the incredible benefits of strength training, and roll back their biological age by 20 years. Using the bench press test table below: See how the maximum weight you can bench press for a single repetition compares to that of other men in your age-group. First, divide the weight you lift by your bodyweight. For example, if you bench press 300 pounds at a bodyweight of 200 pounds, the weight you lift as a proportion of your bodyweight is $300/200 = 1.50$.