

Kwalificatie-eisen TopFit Open Classic Benchpress

Gewichtsklasse

| | |
|---------|-------|
| <47 kg | 45 kg |
| < 52 kg | 50 kg |
| < 57 kg | 60 kg |
| < 63 kg | 70 kg |
| < 72 kg | 75 kg |
| < 84 kg | 80 kg |
| 84 kg + | 90 kg |

| | |
|----------|--------|
| < 66 kg | 90 kg |
| < 74 kg | 100 kg |
| < 83 kg | 110 kg |
| < 93 kg | 120 kg |
| < 105 kg | 130 kg |
| < 120 kg | 140 kg |
| 120 kg + | 150 kg |