

## Proper Strength Relationship in Upper-Body Presses

<b>Bench Press</b> 300lb 1RP MX	<b>Incline Press</b> 240lb max (80% of BP)	<b>DB Press</b> 95lb x5 64% of BP/2 for DB Wt	<b>DB Incline Press</b> 77lbx5 80% of DB Bench
275	220	88x5	70x5
250	200	80x5	65x5
200	160	65x5	50x5
150	120	48x5	40x5

## Guidelines for Medicine Ball Selection

<b>Athletes Weight</b>	<b>Ball Weight</b> (rotation)	<b>Ball Weight</b> (overhead)
100-135lb	4lb	4lb
135-175lb	6lb	6lb-8lb
175-200lb	8lb	6lb-10lb
200- +lb	10lb	8lb-12lb