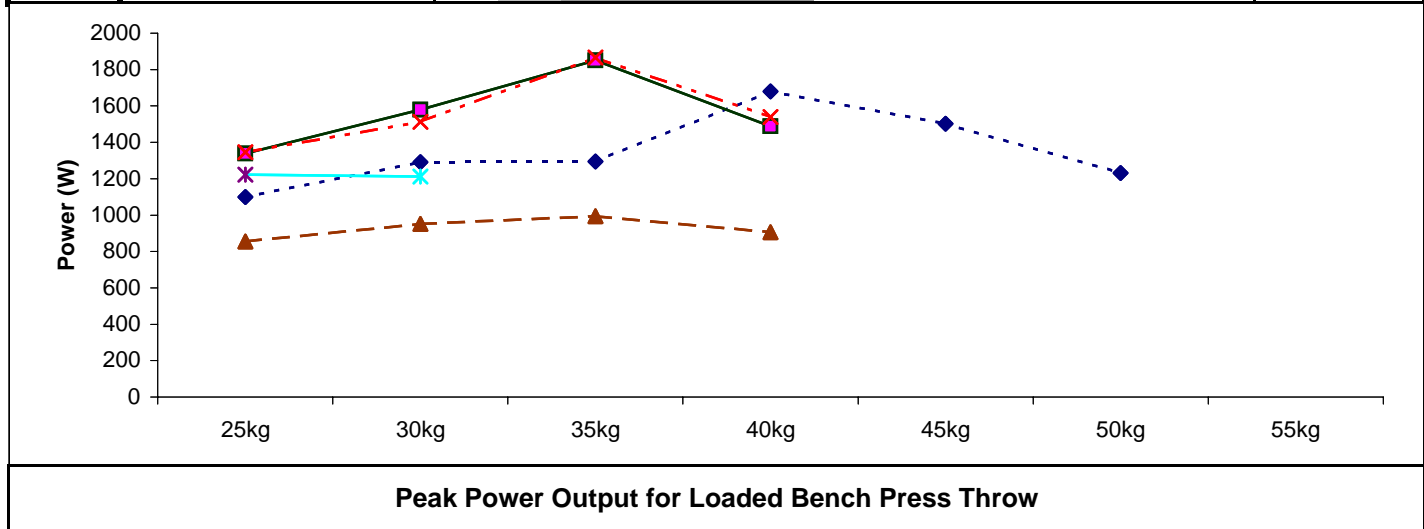


Figure 1. Bench Throw Peak Power Output as a Function of Maximal Bench Press Strength

% 1RM	Speed					Speed-Strength						Strength-Speed						Max Str			
	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105
Athlete 1	6	13	19	25	31	38	44	50	56	63	69	75	81	88	94	100	106	113	119	125	131
Athlete 2	5	10	15	21	26	31	36	41	46	51	56	62	67	72	77	82	87	92	97	103	108
Athlete 3	6	12	18	25	31	37	43	49	55	61	67	74	80	86	92	98	104	110	116	123	129
Athlete 4	7	14	21	28	35	42	49	56	63	70	77	84	91	98	105	112	119	126	133	140	147
Athlete 5	6	12	18	24	30	36	42	48	54	60	66	72	78	84	90	96	102	108	114	120	126



Weight for Peak Power Output (Watts)
 Ideal Weight Range for Peak Power Output (Watts)

