



USA MEN'S BENCH RECORDS

Updated by Ed Kutin

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4/25/2024

| Weight Class: 48 / 105 Male | | | | |
|-----------------------------|------------------------------|---------------------|-----------|---------------|
| Division | Bench Press | Name | Resides | Date |
| Open | 112.5 kgs / 248.0 lbs | Jasen Hinkel | NE | 3/2010 |
| 11 and under | 62.5 kgs / 137.7 lbs | DeAndre Proctor | NC | 3/2013 |
| 12-13 | 57.5 kgs / 126.7 lbs | Sean Miller | NC | 9/2016 |
| 14-15 | 77.5 kgs / 170.8 lbs | James Miller | VA | 7/2012 |
| 16-17 | 92.5 kgs / 203.9 lbs | Jasen Hinkel | NE | 8/2007 |
| 18-19 | 112.5 kgs / 248.0 lbs | Jasen Hinkel | NE | 3/2010 |
| 20-24 | 77.5 kgs / 170.8 lbs | Rob Marcellino | NJ | 6/2010 |
| 40-44 | 59.0 kgs / 130.0 lbs | Michael Kahan | AZ | 9/2011 |
| 45-49 | 60.0 kgs / 132.2 lbs | Michael Kahan | AZ | 10/2012 |
| 50-54 | 57.5 kgs / 126.7 lbs | Michael Kahan | AZ | 6/2016 |
| Spec. Oly. | 60.0 kgs / 132.2 lbs | Buck Ammons | NC | 11/2014 |
| Handicapped | 60.0 kgs / 132.2 lbs | John Hess | PA | 3/2013 |

| Weight Class: 52 / 114 Male | | | | |
|-----------------------------|-----------------------------|--------------------------|-----------|----------------|
| Division | Bench Press | Name | Resides | Date |
| Open | 99.8 kgs / 220.0 lbs | Daniel Levandusky | PA | 12/2002 |
| 11 and under | 68.0 kgs / 149.9 lbs | DeAndre Proctor | NC | 11/2014 |
| 12-13 | 66.0 kgs / 145.5 lbs | Andrew Schwartz | NC | 5/2023 |
| 14-15 | 92.5 kgs / 203.9 lbs | James Miller | VA | 7/2013 |
| 16-17 | 92.5 kgs / 203.9 lbs | James Miller | VA | 11/2014 |
| 18-19 | 86.6 kgs / 190.9 lbs | Hunter Claypatch | NY | 7/2005 |
| 20-24 | 99.8 kgs / 220.0 lbs | Daniel Levandusky | PA | 12/2002 |
| 35-39 | 79.3 kgs / 174.8 lbs | Trevor Branam | FL | 5/2007 |
| 40-44 | 92.0 kgs / 202.8 lbs | Gary Peterson | WA | 11/2014 |
| 45-49 | 74.8 kgs / 164.9 lbs | Steve Birchak | OH | 2/1999 |
| 55-59 | 65.0 kgs / 143.2 lbs | Jason Farrow | FL | 10/2011 |
| Spec. Oly. | 32.5 kgs / 71.6 lbs | Charlie Sanders | OH | 8/2010 |
| Handicapped | 65.0 kgs / 143.2 lbs | John Hess | PA | 6/2013 |

| Weight Class: 56 / 123 Male | | | | |
|-----------------------------|------------------------------|------------------|-----------|----------------|
| Division | Bench Press | Name | Resides | Date |
| Open | 150.0 kgs / 330.6 lbs | Adam Zehr | NY | 11/2008 |
| 11 and under | 50.5 kgs / 111.3 lbs | Dalton Fazio | NC | 1/2021 |
| 12-13 | 77.5 kgs / 170.8 lbs | Benjamin Henson | MA | 8/2008 |

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|-----------------|-----------------------|-------------------|----|---------|
| 14-15 | 100.0 kgs / 220.4 lbs | James Miller | VA | 6/2013 |
| 16-17 | 107.5 kgs / 236.9 lbs | Kody Cox | PA | 6/2013 |
| 18-19 | 127.0 kgs / 279.9 lbs | Michael Kuhns | PA | 2004 |
| 20-24 | 122.5 kgs / 270.0 lbs | Justin Longstreet | OH | 8/2012 |
| 35-39 | 110.0 kgs / 242.5 lbs | Vin Voeun | AZ | 6/2012 |
| 45-49 | 95.0 kgs / 209.4 lbs | Eric Green | IA | 10/2012 |
| 50-54 | 112.5 kgs / 248.0 lbs | Gary Teeter | PA | 11/2018 |
| 55-59 | 103.0 kgs / 227.0 lbs | Gary Teeter | PA | 6/2023 |
| 60-64 | 88.5 kgs / 195.1 lbs | Ed Fuller | MD | 3/2022 |
| 70-74 | 88.4 kgs / 194.8 lbs | Byron Swain | NC | 10/2006 |
| 80+ | 45.5 kgs / 100.3 lbs | John Bazacas | CA | 4/2013 |
| Police/Fire/Mil | 115.0 kgs / 253.5 lbs | Daniel Champagne | NC | 8/2012 |
| Spec. Oly. | 70.0 kgs / 154.3 lbs | Buck Ammons | NC | 8/2022 |
| Handicapped | 55.0 kgs / 121.2 lbs | Travis Lilly | VA | 6/2010 |

Weight Class: 60 / 132 Male

| Division | Bench Press | Name | Resides | Date |
|-----------------|------------------------------|------------------|-----------|---------------|
| Open | 160.0 kgs / 352.7 lbs | Adam Zehr | NY | 4/2009 |
| 11 and under | 62.5 kgs / 137.7 lbs | Devon Cassady | KY | 2/2015 |
| 12-13 | 81.6 kgs / 179.8 lbs | Coy Wimer | VA | 12/2006 |
| 14-15 | 112.0 kgs / 246.9 lbs | Michael Kuhns | PA | 2001 |
| 16-17 | 131.5 kgs / 289.9 lbs | Michael Kuhns | PA | 2003 |
| 18-19 | 132.1 kgs / 291.2 lbs | Michael Kuhns | PA | 2005 |
| 20-24 | 136.8 kgs / 301.5 lbs | Michael Kuhns | PA | 7/2008 |
| 35-39 | 135.0 kgs / 297.6 lbs | Michael Kuhns | PA | 12/2020 |
| 40-44 | 125.0 kgs / 275.5 lbs | Sinath Sam | DE | 6/2011 |
| 45-49 | 120.0 kgs / 264.5 lbs | Galen Takushi | HI | 10/2013 |
| 50-54 | 113.0 kgs / 249.1 lbs | Gary Teeter | PA | 10/2017 |
| 55-59 | 107.5 kgs / 236.9 lbs | Gary Teeter | PA | 1/2023 |
| 60-64 | 117.5 kgs / 259.0 lbs | Paul Gillott | AZ | 4/2018 |
| 65-69 | 121.0 kgs / 266.7 lbs | Paul Gillott | AZ | 3/2019 |
| 70-74 | 86.1 kgs / 189.8 lbs | Byron Swain | NC | 6/2006 |
| 75-79 | 72.5 kgs / 159.8 lbs | Steve Smith | FL | 8/2010 |
| Police/Fire/Mil | 127.5 kgs / 281.0 lbs | Devin Gloeck | PA | 10/2017 |
| Spec. Oly. | 75.0 kgs / 165.3 lbs | Buck Ammons | NC | 5/2021 |
| Handicapped | 72.5 kgs / 159.8 lbs | Tyler Shannon | NM | 4/2016 |

Weight Class: 67.5 / 148 Male

| Division | Bench Press | Name | Resides | Date |
|--------------|------------------------------|------------------|-----------|---------------|
| Open | 175.0 kgs / 385.8 lbs | Adam Zehr | NY | 6/2011 |
| 11 and under | 60.0 kgs / 132.2 lbs | Easten Binckley | NC | 8/2021 |
| 12-13 | 90.8 kgs / 200.1 lbs | S. Kandis | USA | 7/2004 |
| 14-15 | 127.0 kgs / 279.9 lbs | Brian Rebarchak | PA | 2003 |
| 16-17 | 138.3 kgs / 304.8 lbs | Donnell Moore | NC | 5/2000 |
| 18-19 | 140.0 kgs / 308.6 lbs | Lenard Jones | NC | 10/2015 |
| 20-24 | 163.5 kgs / 360.4 lbs | Michael Kuhns | PA | 2006 |
| 35-39 | 165.0 kgs / 363.7 lbs | Adam Zehr | NY | 3/2015 |
| 40-44 | 160.0 kgs / 352.7 lbs | Viet Tran | NE | 6/2016 |
| 45-49 | 145.1 kgs / 319.8 lbs | David Wilson | VA | 11/2005 |
| 50-54 | 142.5 kgs / 314.1 lbs | David Wilson | NC | 11/2008 |

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|-----------------|-----------------------|------------------|----|---------|
| 55-59 | 132.5 kgs / 292.1 lbs | Paul Gillott | AZ | 8/2010 |
| 60-64 | 147.5 kgs / 325.1 lbs | Patrick Mason | MA | 6/2017 |
| 65-69 | 137.5 kgs / 303.1 lbs | Emerson Lynn | VT | 11/2015 |
| 70-74 | 130.0 kgs / 286.5 lbs | Emerson Lynn | VT | 10/2020 |
| 75-79 | 110.0 kgs / 242.5 lbs | Tom Newman | NC | 3/2020 |
| Police/Fire/Mil | 137.5 kgs / 303.1 lbs | Lenard Jones | NC | 8/2015 |
| Spec. Oly. | 70.3 kgs / 154.9 lbs | Chris Spairana | PA | 7/2011 |
| Handicapped | 61.2 kgs / 134.9 lbs | Thomas Gerhauser | FL | 3/2008 |

Weight Class: 75 / 165 Male

| Division | Bench Press | Name | Resides | Date |
|-----------------|------------------------------|---------------------|-----------|----------------|
| Open | 190.0 kgs / 418.8 lbs | James Love | GA | 11/2007 |
| 11 and under | 65.7 kgs / 144.8 lbs | M. Mongera | PA | 2005 |
| 12-13 | 102.0 kgs / 224.8 lbs | Kegan Levesque | NY | 5/2008 |
| 14-15 | 135.0 kgs / 297.6 lbs | Caden Hale | IA | 12/2016 |
| 16-17 | 165.0 kgs / 363.7 lbs | Jason Luster | PA | 8/2010 |
| 18-19 | 160.0 kgs / 352.7 lbs | David Lyons | NY | 6/2012 |
| 20-24 | 167.5 kgs / 369.2 lbs | Larry Dyles | VA | 11/2007 |
| 35-39 | 163.2 kgs / 359.7 lbs | Joseph Braca | PA | 2000 |
| 40-44 | 175.0 kgs / 385.8 lbs | James Love | GA | 2/2017 |
| 45-49 | 174.9 kgs / 385.5 lbs | David Blattenberger | PA | 12/2010 |
| 50-54 | 153.0 kgs / 337.3 lbs | John Self | VA | 7/2021 |
| 55-59 | 146.0 kgs / 321.8 lbs | Raymond Harris | VA | 3/2019 |
| 60-64 | 175.0 kgs / 385.8 lbs | Tony Conyers | FL | 10/2018 |
| 65-69 | 157.5 kgs / 347.2 lbs | Tony Conyers | FL | 11/2023 |
| 70-74 | 140.0 kgs / 308.6 lbs | Scott Craig | AZ | 12/2016 |
| 75-79 | 105.5 kgs / 232.5 lbs | Joseph Sanders | NC | 11/2020 |
| 80+ | 105.0 kgs / 231.4 lbs | Gerald Lindas | WI | 10/2016 |
| Police/Fire/Mil | 185.0 kgs / 407.8 lbs | Kwansah Ackah | MD | 11/2007 |
| Spec. Oly. | 83.5 kgs / 184.0 lbs | Anthony Iovine | NY | 3/2013 |
| Handicapped | 72.5 kgs / 159.8 lbs | Jerome Johnson | PA | 11/2023 |

Weight Class: 82.5 / 181 Male

| Division | Bench Press | Name | Resides | Date |
|--------------|------------------------------|---------------------|-----------|---------------|
| Open | 219.9 kgs / 484.7 lbs | Will Lynch | NC | 2/2006 |
| 11 and under | 45.0 kgs / 99.2 lbs | Brendan Wolcott | CT | 11/2023 |
| 12-13 | 135.0 kgs / 297.6 lbs | Reagan Dillion | PA | 6/2023 |
| 14-15 | 145.5 kgs / 320.7 lbs | Nicholas Apseloff | VA | 8/2008 |
| 16-17 | 158.7 kgs / 349.8 lbs | Nicholas Apseloff | VA | 1/2010 |
| 18-19 | 170.0 kgs / 374.7 lbs | Evan Miller | OH | |
| 20-24 | 205.0 kgs / 451.9 lbs | Stephen Judah | FL | 11/2007 |
| 35-39 | 205.0 kgs / 451.9 lbs | Will Lynch | NC | 11/2008 |
| 40-44 | 189.0 kgs / 416.6 lbs | Matthew Reep | VA | 9/2016 |
| 45-49 | 195.3 kgs / 430.5 lbs | David Blattenberger | PA | 12/2008 |
| 50-54 | 182.5 kgs / 402.3 lbs | David Blattenberger | PA | 11/2012 |
| 55-59 | 170.0 kgs / 374.7 lbs | David Blattenberger | PA | 7/2017 |
| 60-64 | 155.5 kgs / 342.8 lbs | David Blattenberger | PA | 4/2023 |
| 65-69 | 137.5 kgs / 303.1 lbs | Ronnie Powell | NE | 12/2014 |
| 70-74 | 132.5 kgs / 292.1 lbs | Perry Bassett | AZ | 6/2016 |
| 75-79 | 113.0 kgs / 249.1 lbs | Bill Lindsey | VA | 4/2024 |

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|-----------------|-----------------------|-----------------|----|---------|
| 80+ | 95.0 kgs / 209.4 lbs | John Bretz | PA | 4/2023 |
| Police/Fire/Mil | 205.0 kgs / 451.9 lbs | Stephen Judah | FL | 11/2007 |
| Spec. Oly. | 97.5 kgs / 214.9 lbs | Chris Smallwood | VA | 4/2016 |

Weight Class: 90 / 198 Male

| Division | Bench Press | Name | Resides | Date |
|-----------------|------------------------------|---------------------|-----------|---------------|
| Open | 240.0 kgs / 529.1 lbs | Dennis Cieri | NJ | 6/2010 |
| 11 and under | 60.0 kgs / 132.2 lbs | Jordan Howard | NC | 3/2012 |
| 12-13 | 124.7 kgs / 274.9 lbs | Nate Carlin | PA | 3/2008 |
| 14-15 | 140.6 kgs / 309.9 lbs | Michael Kay | NJ | 8/2008 |
| 16-17 | 182.5 kgs / 402.3 lbs | Kegan Levesque | NY | 3/2012 |
| 18-19 | 190.0 kgs / 418.8 lbs | William Tazwell | MD | |
| 20-24 | 205.0 kgs / 451.9 lbs | Ricky Dozier | NC | 10/2018 |
| 35-39 | 238.1 kgs / 524.9 lbs | Dennis Cieri | NJ | 8/2006 |
| 40-44 | 240.0 kgs / 529.1 lbs | Dennis Cieri | NJ | 6/2010 |
| 45-49 | 205.0 kgs / 451.9 lbs | Chris Walter | NE | 6/2017 |
| 50-54 | 192.5 kgs / 424.3 lbs | Jacob Williams | PA | 4/2024 |
| 55-59 | 190.0 kgs / 418.8 lbs | Jim Van Allen | NY | 12/2008 |
| 60-64 | 175.0 kgs / 385.8 lbs | David Blattenberger | PA | 6/2022 |
| 65-69 | 142.5 kgs / 314.1 lbs | Jim McKenna | PA | 6/2016 |
| 70-74 | 135.0 kgs / 297.6 lbs | Chuck Mulligan | MD | 10/2015 |
| 75-79 | 137.5 kgs / 303.1 lbs | Terry Margolis | PA | 4/2018 |
| 80+ | 112.5 kgs / 248.0 lbs | Terry Margolis | PA | 4/2022 |
| Police/Fire/Mil | 205.0 kgs / 451.9 lbs | Ricky Dozier | NC | 10/2018 |
| Spec. Oly. | 105.0 kgs / 231.4 lbs | Daron Ealey | VA | 4/2016 |
| Handicapped | 140.0 kgs / 308.6 lbs | Thomas Weaver | PA | 3/2019 |

Weight Class: 100 / 220 Male

| Division | Bench Press | Name | Resides | Date |
|-----------------|------------------------------|-----------------------|-----------|---------------|
| Open | 238.0 kgs / 524.6 lbs | Michael Dudley | NC | 2/2018 |
| 11 and under | 65.0 kgs / 143.2 lbs | Quinn Lindsay | WY | 2/2016 |
| 12-13 | 124.7 kgs / 274.9 lbs | Nate Carlin | PA | 2008 |
| 14-15 | 165.5 kgs / 364.8 lbs | Ben Hopkins | NC | 11/2004 |
| 16-17 | 192.5 kgs / 424.3 lbs | Kegan Levesque | NY | 6/2012 |
| 18-19 | 192.5 kgs / 424.3 lbs | Cameron Maxwell | NJ | 11/2015 |
| 20-24 | 200.0 kgs / 440.9 lbs | Austin Pappas | ND | 10/2012 |
| 35-39 | 233.6 kgs / 514.9 lbs | Paul Bossi | NC | 11/2005 |
| 40-44 | 219.9 kgs / 484.7 lbs | Joe McAuliffe | NJ | 5/2007 |
| 45-49 | 217.5 kgs / 479.5 lbs | Chris Walter | NE | 3/2018 |
| 50-54 | 217.5 kgs / 479.5 lbs | Chris Walter | NE | 10/2021 |
| 55-59 | 212.5 kgs / 468.4 lbs | Roy O'Dwyer | MD | 11/2007 |
| 60-64 | 187.5 kgs / 413.3 lbs | Roy O'Dwyer | MD | 12/2012 |
| 65-69 | 170.0 kgs / 374.7 lbs | Craig Perry | KY | 6/2018 |
| 70-74 | 142.8 kgs / 314.8 lbs | Jerry Klufft | FL | 8/2007 |
| 75-79 | 145.0 kgs / 319.6 lbs | Rooster Fleming | PA | 4/2018 |
| 80+ | 121.0 kgs / 266.7 lbs | John Moore | VA | 7/2017 |
| Police/Fire/Mil | 238.0 kgs / 524.6 lbs | Michael Dudley | NC | 2/2018 |
| Spec. Oly. | 85.0 kgs / 187.3 lbs | Jared Lamb | NY | 1/2023 |

Weight Class: 110 / 242 Male

| Division | Bench Press | Name | Resides | Date |
|-----------------|------------------------------|-------------------|-----------|----------------|
| Open | 272.1 kgs / 599.8 lbs | Rock Lewis | SC | 10/2006 |
| 11 and under | 52.1 kgs / 114.8 lbs | Derrick McGarvey | OH | |
| 12-13 | 92.5 kgs / 203.9 lbs | David Howell | NC | 6/2011 |
| 14-15 | 145.0 kgs / 319.6 lbs | Colson Bishop | NC | 7/2019 |
| 16-17 | 170.5 kgs / 375.8 lbs | Nick Seiner | PA | 7/2005 |
| 18-19 | 197.3 kgs / 434.9 lbs | Eddie Debus | NY | |
| 20-24 | 215.0 kgs / 473.9 lbs | Andre Mealy | VA | 5/2017 |
| 35-39 | 272.1 kgs / 599.8 lbs | Rock Lewis | SC | 7/2007 |
| 40-44 | 240.4 kgs / 529.9 lbs | Paul Bossi | NC | 11/2006 |
| 45-49 | 217.5 kgs / 479.5 lbs | Chris Walter | NE | 12/2018 |
| 50-54 | 212.5 kgs / 468.4 lbs | Paul Bossi | NC | 10/2017 |
| 55-59 | 205.0 kgs / 451.9 lbs | Alvin Waldon | CA | 10/2009 |
| 60-64 | 192.5 kgs / 424.3 lbs | Nate Matthews | OH | 12/2019 |
| 65-69 | 173.0 kgs / 381.3 lbs | Todd Campo | VA | 12/2018 |
| 70-74 | 147.5 kgs / 325.1 lbs | Rooster Fleming | PA | 11/2013 |
| 75-79 | 122.5 kgs / 270.0 lbs | Russell Combest | OH | 4/2011 |
| 80+ | 112.5 kgs / 248.0 lbs | Raymond Bernabe | OH | 4/2011 |
| Police/Fire/Mil | 232.5 kgs / 512.5 lbs | Ricky Dozier | NC | 5/2023 |
| Spec. Oly. | 100.0 kgs / 220.4 lbs | Mathew Herbert | AZ | 12/2016 |
| Handicapped | 92.5 kgs / 203.9 lbs | Jerry Perdue | FL | 7/2022 |

Weight Class: 125 / 275 Male

| Division | Bench Press | Name | Resides | Date |
|-----------------|------------------------------|---------------------|-----------|---------------|
| Open | 265.3 kgs / 584.8 lbs | Michael Belk | NC | 7/2007 |
| 11 and under | 52.1 kgs / 114.8 lbs | Derrick McGarvey | OH | |
| 12-13 | 73.2 kgs / 161.3 lbs | Jack Lee | PA | 2001 |
| 14-15 | 174.9 kgs / 385.5 lbs | Daniel Anderson | PA | 4/2005 |
| 16-17 | 205.0 kgs / 451.9 lbs | John Jefferson | PA | 6/2014 |
| 18-19 | 204.4 kgs / 450.6 lbs | Nick Seiner | PA | 12/2007 |
| 20-24 | 227.2 kgs / 500.8 lbs | Nick Seiner | PA | 4/2010 |
| 35-39 | 265.3 kgs / 584.8 lbs | Michael Belk | NC | 7/2007 |
| 40-44 | 235.8 kgs / 519.8 lbs | Scott Kuzma | VA | 10/2006 |
| 45-49 | 227.5 kgs / 501.5 lbs | Jermaine Jones | NC | 10/2018 |
| 50-54 | 215.4 kgs / 474.8 lbs | Joe Hilliard | NC | 6/2007 |
| 55-59 | 208.0 kgs / 458.5 lbs | Paul Bossi | NC | 6/2022 |
| 60-64 | 195.0 kgs / 429.8 lbs | Glen Tenove | CA | 6/2016 |
| 65-69 | 181.5 kgs / 400.1 lbs | Stephen Kozlowski | VA | 2/2023 |
| 70-74 | 132.5 kgs / 292.1 lbs | Rich Plummer | NV | 9/2011 |
| 75-79 | 127.5 kgs / 281.0 lbs | Don Joy | MD | 6/2011 |
| 80+ | 127.5 kgs / 281.0 lbs | Don Joy | MD | 9/2012 |
| Police/Fire/Mil | 227.5 kgs / 501.5 lbs | Carl Elliott | NC | 3/2010 |
| Spec. Oly. | 100.0 kgs / 220.4 lbs | Mathew Herbert | AZ | 10/2017 |
| Handicapped | 112.5 kgs / 248.0 lbs | Jerry Perdue | FL | 10/2021 |

Weight Class: 140 / 308 Male

| Division | Bench Press | Name | Resides | Date |
|-------------|------------------------------|---------------------|-----------|----------------|
| Open | 265.0 kgs / 584.2 lbs | Michael Belk | NC | 11/2007 |
| 12-13 | 60.1 kgs / 132.4 lbs | Derrick McGarvey | OH | 4/2010 |
| 14-15 | 165.5 kgs / 364.8 lbs | Shane Yates | SC | 12/2000 |

| | | | | |
|-----------------|-----------------------|-------------------|----|---------|
| 16-17 | 200.0 kgs / 440.9 lbs | Athan Parker | OH | 12/2023 |
| 18-19 | 188.2 kgs / 414.9 lbs | Cody Yager | FL | 8/2007 |
| 20-24 | 235.0 kgs / 518.0 lbs | Scott Weech | FL | 12/2006 |
| 35-39 | 247.5 kgs / 545.6 lbs | Jerry Gunter | NC | 3/2013 |
| 40-44 | 242.5 kgs / 534.6 lbs | Daryl Charron | MO | 3/2008 |
| 45-49 | 249.2 kgs / 549.3 lbs | Paul Brown | PA | 9/2000 |
| 50-54 | 226.5 kgs / 499.3 lbs | Marvin Rodenbeck | MT | 10/2016 |
| 55-59 | 227.5 kgs / 501.5 lbs | Kent Burgess | WV | 10/2012 |
| 60-64 | 207.5 kgs / 457.4 lbs | Glen Tenove | CA | 4/2016 |
| 65-69 | 177.5 kgs / 391.3 lbs | Stephen Kozlowski | VA | 4/2024 |
| 70-74 | 150.0 kgs / 330.6 lbs | Bill Schnepf | MD | 7/2023 |
| 75-79 | 95.0 kgs / 209.4 lbs | William Williams | OH | 4/2012 |
| Police/Fire/Mil | 254.0 kgs / 559.9 lbs | Carl Elliott | NC | 6/2005 |
| Spec. Oly. | 110.0 kgs / 242.5 lbs | Ryan Relosky | PA | 6/2021 |

Unknown Class: SHW Male

| Division | Bench Press | Name | Resides | Date |
|-----------------|-----------------------|--------------------|---------|---------|
| Open | 290.0 kgs / 639.3 lbs | Pedro Mejias | NY | 10/2018 |
| 12-13 | 77.5 kgs / 170.8 lbs | Josh Rafferty | NY | 6/2021 |
| 14-15 | 165.5 kgs / 364.8 lbs | Shane Yates | SC | 12/2000 |
| 16-17 | 185.0 kgs / 407.8 lbs | Jauon Mejias | NY | 10/2016 |
| 18-19 | 204.4 kgs / 450.6 lbs | Daniel Anderson | PA | 4/2009 |
| 20-24 | 242.5 kgs / 534.6 lbs | Nicholas Cook | VA | 3/2015 |
| 35-39 | 290.0 kgs / 639.3 lbs | Pedro Mejias | NY | 10/2018 |
| 40-44 | 255.0 kgs / 562.1 lbs | Pedro Mejias | NY | 6/2021 |
| 45-49 | 247.5 kgs / 545.6 lbs | Beau Moore | IA | 6/2014 |
| 50-54 | 217.5 kgs / 479.5 lbs | John Grenz | WI | 4/2022 |
| 55-59 | 220.0 kgs / 485.0 lbs | Bill Gillespie | VA | 5/2017 |
| 60-64 | 170.0 kgs / 374.7 lbs | Jack Griffin | TX | 4/2008 |
| 65-69 | 154.2 kgs / 339.9 lbs | James Telljohn | OH | 6/2005 |
| 70-74 | 130.0 kgs / 286.5 lbs | Charles Hellickson | IA | 6/2013 |
| Police/Fire/Mil | 212.5 kgs / 468.4 lbs | Paul D'Antonio | PA | 10/2017 |
| Spec. Oly. | 50.0 kgs / 110.2 lbs | Charles Smith | NY | 3/2013 |