



## India Bench Records

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12/6/2025

Weight Class: 44 / 97 Female				
Division	Bench Press	Name	Resides	Date
Open	42.5 kgs / 93.6 lbs	Sumaya Shakir	India	7/2014
11 and under	22.5 kgs / 49.6 lbs	Mahak .	India	7/2019
20-24	32.5 kgs / 71.6 lbs	Monika .	India	7/2019
Handicapped	20.0 kgs / 44.0 lbs	Sarla Devi	India	1/2021

Weight Class: 48 / 105 Female				
Division	Bench Press	Name	Resides	Date
Open	52.5 kgs / 115.7 lbs	Pragati Sadafule	India	7/2019
11 and under	32.5 kgs / 71.6 lbs	Miral Kamboj	India	7/2019
16-17	40.0 kgs / 88.1 lbs	Priyanka .	India	1/2021
18-19	52.5 kgs / 115.7 lbs	Pragati Sadafule	India	7/2019

Weight Class: 52 / 114 Female				
Division	Bench Press	Name	Resides	Date
Open	55.0 kgs / 121.2 lbs	Meenakshi .	India	1/2021

Weight Class: 56 / 123 Female				
Division	Bench Press	Name	Resides	Date
Open	55.0 kgs / 121.2 lbs	Urvashi Garg	India	12/2019
20-24	30.0 kgs / 66.1 lbs	Dhruvi Hasmukhbai	India	7/2024

Weight Class: 60 / 132 Female				
Division	Bench Press	Name	Resides	Date
Open	50.0 kgs / 110.2 lbs	Varshaben Joshi	India	7/2019
12-13	20.0 kgs / 44.0 lbs	Samriddhi Sharma	India	7/2019
14-15	20.0 kgs / 44.0 lbs	Samriddhi Sharma	India	1/2021
18-19	50.0 kgs / 110.2 lbs	Priyanka .	India	7/2019
20-24	45.0 kgs / 99.2 lbs	Neeru Bhadoria	India	7/2019
35-39	45.0 kgs / 99.2 lbs	Rashmila .	India	1/2021
40-44	45.0 kgs / 99.2 lbs	Rekha Devi	India	1/2021
50-54	35.0 kgs / 77.1 lbs	Vanaja Nair	India	11/2024
Handicapped	50.0 kgs / 110.2 lbs	Varshaben Joshi	India	7/2019

Weight Class: 67.5 / 148 Female				
Division	Bench Press	Name	Resides	Date
Open	65.0 kgs / 143.2 lbs	Rakhi .	India	7/2019
12-13	22.5 kgs / 49.6 lbs	Manmeet Kaur	India	7/2019

16-17	35.0 kgs / 77.1 lbs	Khushi Panwar	India	7/2019
20-24	45.0 kgs / 99.2 lbs	Manisha Jhanjhot	India	7/2019

**Weight Class: 75 / 165 Female**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>72.5 kgs / 159.8 lbs</b>	<b>Heena .</b>	<b>India</b>	<b>12/2019</b>
16-17	30.0 kgs / 66.1 lbs	Himanshi .	India	1/2021
18-19	55.0 kgs / 121.2 lbs	Bindu .	India	12/2019
20-24	45.0 kgs / 99.2 lbs	Monika .	India	7/2019
35-39	45.0 kgs / 99.2 lbs	Sarita Maurya	India	7/2019
40-44	55.0 kgs / 121.2 lbs	Madhu Sambyal	India	11/2019

**Weight Class: 82.5 / 181 Female**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>65.0 kgs / 143.2 lbs</b>	<b>Jyoti Dahiya</b>	<b>India</b>	<b>7/2019</b>
12-13	30.0 kgs / 66.1 lbs	Vriti Nikunj Patel	India	7/2024
16-17	35.0 kgs / 77.1 lbs	Anushka Panwar	India	1/2021
20-24	57.5 kgs / 126.7 lbs	Elishba Kinder	India	7/2019
50-54	40.0 kgs / 88.1 lbs	Madhavi Nandwani	India	7/2019

**Weight Class: 90 / 198 Female**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>45.0 kgs / 99.2 lbs</b>	<b>Pinki .</b>	<b>India</b>	<b>7/2019</b>
18-19	30.0 kgs / 66.1 lbs	Ritika Rana	India	7/2019
20-24	45.0 kgs / 99.2 lbs	Pinki .	India	7/2019

**Weight Class: 90+ / 198+ Female**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>65.0 kgs / 143.2 lbs</b>	<b>Tina Sharma</b>	<b>India</b>	<b>7/2019</b>
45-49	50.0 kgs / 110.2 lbs	Udesh Rani	India	7/2018

**Weight Class: 48 / 105 Male**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>97.5 kgs / 214.9 lbs</b>	<b>Kartik .</b>	<b>India</b>	<b>1/2021</b>
11 and under	25.0 kgs / 55.1 lbs	Shamanpreet Singh	India	7/2019
12-13	37.5 kgs / 82.6 lbs	Shamanpreet Singh	India	1/2021
14-15	55.0 kgs / 121.2 lbs	Navneet Singh	India	7/2019
16-17	62.5 kgs / 137.7 lbs	Dev Kaushik	India	1/2019
18-19	55.0 kgs / 121.2 lbs	Santosh Singh	India	7/2019
20-24	97.5 kgs / 214.9 lbs	Kartik .	India	1/2021

**Weight Class: 52 / 114 Male**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>80.0 kgs / 176.3 lbs</b>	<b>Kshetralpal Gherwal</b>	<b>India</b>	<b>7/2019</b>
11 and under	20.0 kgs / 44.0 lbs	Nayvane .	India	7/2019
14-15	30.0 kgs / 66.1 lbs	Dilpreet Singh	India	7/2019
16-17	72.5 kgs / 159.8 lbs	Rohit Thakur	India	7/2019
18-19	75.0 kgs / 165.3 lbs	Mukesh Kumar	India	7/2019
20-24	72.5 kgs / 159.8 lbs	Dev Kaushik	India	6/2022

35-39	55.0 kgs / 121.2 lbs	Mahesh Sharma	India	7/2018
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**Weight Class: 56 / 123 Male**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>115.0 kgs / 253.5 lbs</b>	<b>Ravinder Pal Singh</b>	<b>India</b>	<b>1/2021</b>
14-15	65.0 kgs / 143.2 lbs	Ritik Sadafule	India	7/2019
18-19	92.5 kgs / 203.9 lbs	Yash Rana	India	7/2019
20-24	100.0 kgs / 220.4 lbs	Sahil .	India	7/2019
35-39	115.0 kgs / 253.5 lbs	Ravinder Pal Singh	India	1/2021
40-44	80.0 kgs / 176.3 lbs	Satish Kambali	India	7/2018
Handicapped	115.0 kgs / 253.5 lbs	Ravinder Pal Singh	India	1/2021

**Weight Class: 60 / 132 Male**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>107.5 kgs / 236.9 lbs</b>	<b>Paras Juneja</b>	<b>India</b>	<b>1/2021</b>
11 and under	32.5 kgs / 71.6 lbs	Gatik .	India	1/2021
16-17	70.0 kgs / 154.3 lbs	Ritik .	India	12/2018
18-19	100.0 kgs / 220.4 lbs	Kunal Sharma	India	7/2019
20-24	107.5 kgs / 236.9 lbs	Paras Juneja	India	1/2021

**Weight Class: 67.5 / 148 Male**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>125.0 kgs / 275.5 lbs</b>	<b>Manpreet Singh</b>	<b>India</b>	<b>1/2021</b>
16-17	80.0 kgs / 176.3 lbs	Dheeraj .	India	12/2018
18-19	97.5 kgs / 214.9 lbs	Ujjwal Kumar	India	1/2019
20-24	120.0 kgs / 264.5 lbs	Monty .	India	1/2021
35-39	95.0 kgs / 209.4 lbs	Mam Chand	India	7/2018
40-44	115.0 kgs / 253.5 lbs	Deepak Pahwa	India	7/2018
45-49	117.5 kgs / 259.0 lbs	Deepak Kumar	India	7/2019
50-54	82.5 kgs / 181.8 lbs	Rajesh Kumar	India	7/2019

**Weight Class: 75 / 165 Male**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>170.0 kgs / 374.7 lbs</b>	<b>Gurvire Kumar</b>	<b>India</b>	<b>1/2021</b>
14-15	62.5 kgs / 137.7 lbs	Atul .	India	7/2019
16-17	115.0 kgs / 253.5 lbs	Husanpreet Singh	India	7/2024
18-19	105.0 kgs / 231.4 lbs	Sourabh .	India	12/2018
20-24	140.0 kgs / 308.6 lbs	Ritik .	India	1/2021
35-39	125.0 kgs / 275.5 lbs	Amit Bajaj	India	12/2019
40-44	132.5 kgs / 292.1 lbs	Amit Bajaj	India	7/2023
45-49	115.0 kgs / 253.5 lbs	Sunil Kumar Mourya	India	7/2019
50-54	110.0 kgs / 242.5 lbs	Vinod Kumar	India	7/2019
55-59	65.0 kgs / 143.2 lbs	Manohar Kadam	India	7/2018
60-64	60.0 kgs / 132.2 lbs	Manohar Kadam	India	7/2019
65-69	60.0 kgs / 132.2 lbs	Pardeep Kumar	India	1/2021
Police/Fire/Mil	75.0 kgs / 165.3 lbs	Amritpal Singh	India	7/2019
Handicapped	170.0 kgs / 374.7 lbs	Gurvire Kumar	India	1/2021

**Weight Class: 82.5 / 181 Male**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>175.0 kgs / 385.8 lbs</b>	<b>Gurvire Kumar</b>	<b>India</b>	<b>6/2022</b>

12-13	30.0 kgs / 66.1 lbs	Sachin Kapoor	India	1/2021
14-15	62.5 kgs / 137.7 lbs	Arav .	India	12/2018
16-17	110.0 kgs / 242.5 lbs	Kuljeet Singh	India	7/2018
18-19	142.5 kgs / 314.1 lbs	Punarpreet Singh	India	7/2023
20-24	155.0 kgs / 341.7 lbs	Pushpendra Kumar	India	7/2019
35-39	110.0 kgs / 242.5 lbs	Gurbaj Singh	India	7/2018
40-44	140.0 kgs / 308.6 lbs	Manraj Singh	India	1/2021
45-49	85.0 kgs / 187.3 lbs	Harish Goswami	India	7/2018
50-54	97.5 kgs / 214.9 lbs	Satyandra Singh	India	7/2019
55-59	100.0 kgs / 220.4 lbs	Bashir Ahmad Sheikh	India	7/2019
Handicapped	175.0 kgs / 385.8 lbs	Gurvir Kumar	India	6/2022

**Weight Class: 90 / 198 Male**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>207.5 kgs / 457.4 lbs</b>	<b>Varinder Singh</b>	<b>India</b>	<b>11/2019</b>
16-17	80.0 kgs / 176.3 lbs	Arav .	India	12/2019
18-19	155.0 kgs / 341.7 lbs	Lovepreet .	India	7/2019
20-24	130.0 kgs / 286.5 lbs	Shubham Singh	India	10/2018
35-39	130.0 kgs / 286.5 lbs	Tarandeep Singh	India	1/2021
40-44	155.0 kgs / 341.7 lbs	Suraj Kumar	India	7/2018
45-49	90.0 kgs / 198.4 lbs	Kishore Kumar	India	7/2018
50-54	135.0 kgs / 297.6 lbs	Anil Kumar Saini	India	7/2019
60-64	110.0 kgs / 242.5 lbs	Govardhan Jadon	India	7/2018
Handicapped	160.0 kgs / 352.7 lbs	Gurvir Kumar	India	7/2023

**Weight Class: 100 / 220 Male**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>180.0 kgs / 396.8 lbs</b>	<b>Dalip Chandelia</b>	<b>India</b>	<b>7/2018</b>
14-15	105.0 kgs / 231.4 lbs	Jatin .	India	6/2022
16-17	107.5 kgs / 236.9 lbs	Akash Yadav	India	7/2024
18-19	110.0 kgs / 242.5 lbs	Mehboobpreet Singh	India	1/2021
20-24	155.0 kgs / 341.7 lbs	Heman Sharma	India	1/2021
35-39	150.0 kgs / 330.6 lbs	Yashpal Dabas	India	7/2019
40-44	180.0 kgs / 396.8 lbs	Dalip Chandelia	India	7/2018
45-49	105.0 kgs / 231.4 lbs	Harjeet Singh	India	7/2019
50-54	95.0 kgs / 209.4 lbs	Vinod Rajpal	India	1/2021

**Weight Class: 110 / 242 Male**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>180.0 kgs / 396.8 lbs</b>	<b>Pawan Kumar</b>	<b>India</b>	<b>1/2021</b>
16-17	100.0 kgs / 220.4 lbs	Teerkaran Singh	India	7/2023
18-19	80.0 kgs / 176.3 lbs	Aman .	India	7/2019
20-24	110.0 kgs / 242.5 lbs	Sunny .	India	7/2019
35-39	147.5 kgs / 325.1 lbs	Manjeet Singh	India	7/2019
40-44	155.0 kgs / 341.7 lbs	Vikas Verma	India	11/2025
45-49	135.0 kgs / 297.6 lbs	Gulshan Kumar	India	1/2021

**Weight Class: 125 / 275 Male**

Division	Bench Press	Name	Resides	Date
<b>Open</b>	<b>180.0 kgs / 396.8 lbs</b>	<b>Dinesh Bhagat</b>	<b>India</b>	<b>11/2025</b>

16-17	27.5 kgs / 60.6 lbs	Dipesh .	India	7/2019
18-19	127.5 kgs / 281.0 lbs	Arshdeep .	India	11/2019
20-24	147.5 kgs / 325.1 lbs	Sunny .	India	12/2019
40-44	130.0 kgs / 286.5 lbs	Sanjeev Sharma	India	6/2022
45-49	157.5 kgs / 347.2 lbs	Jatinder Singh	India	11/2025

**Weight Class: 140 / 308 Male**

Division	Bench Press	Name	Resides	Date
Open	170.0 kgs / 374.7 lbs	Deepak Basist	India	6/2022
18-19	70.0 kgs / 154.3 lbs	Kabir Marshal	India	7/2019
35-39	140.0 kgs / 308.6 lbs	Gurpreet Singh	India	7/2019

**Unknown Class: SHW Male**

Division	Bench Press	Name	Resides	Date
Open	210.0 kgs / 462.9 lbs	Amandeep Singh	India	11/2019
20-24	152.5 kgs / 336.2 lbs	Gurmeet Singh	India	11/2019