

Разрядные нормативы IPС-А жим лежа - стандартная софт-экипировка

Мужчины

| Весовая категория | Элита | МСМК | МС | КМС | I | II | III | I юн. | II юн. |
|-------------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| 52 | 140 | 120 | 105 | 92.5 | 82.5 | 72.5 | 62.5 | 52.5 | 42.5 |
| 56 | 152.5 | 132.5 | 115 | 100 | 90 | 80 | 70 | 57.5 | 45 |
| 60 | 167.5 | 145 | 125 | 110 | 97.5 | 87.5 | 75 | 62.5 | 50 |
| 67.5 | 190 | 165 | 142.5 | 125 | 112.5 | 100 | 85 | 72.5 | 57.5 |
| 75 | 212.5 | 182.5 | 160 | 137.5 | 125 | 112.5 | 95 | 80 | 62.5 |
| 82.5 | 230 | 200 | 172.5 | 150 | 135 | 122.5 | 105 | 87.5 | 70 |
| 90 | 247.5 | 215 | 185 | 162.5 | 145 | 130 | 112.5 | 92.5 | 75 |
| 100 | 267.5 | 230 | 200 | 175 | 155 | 140 | 120 | 100 | 80 |
| 110 | 282.5 | 242.5 | 212.5 | 185 | 165 | 147.5 | 127.5 | 105 | 85 |
| 125 | 300 | 260 | 225 | 195 | 175 | 157.5 | 135 | 112.5 | 90 |
| 140 | 312.5 | 270 | 235 | 205 | 185 | 165 | 142.5 | 117.5 | 95 |
| 140+ | 325 | 280 | 245 | 212.5 | 190 | 170 | 147.5 | 122.5 | 97.5 |

Женщины

| Весовая категория | Элита | МСМК | МС | КМС | I | II | III | I юн. | II юн. |
|-------------------|-------|-------|-------|------|------|------|------|-------|--------|
| 44 | 75 | 65 | 57.5 | 50 | 45 | 40 | 35 | 27.5 | 25 |
| 48 | 85 | 72.5 | 62.5 | 55 | 50 | 45 | 37.5 | 32.5 | 27.5 |
| 52 | 92.5 | 80 | 70 | 60 | 55 | 47.5 | 42.5 | 35 | 30 |
| 56 | 100 | 87.5 | 75 | 65 | 57.5 | 52.5 | 45 | 37.5 | 32.5 |
| 60 | 107.5 | 92.5 | 80 | 70 | 62.5 | 57.5 | 47.5 | 40 | 35 |
| 67.5 | 120 | 105 | 90 | 77.5 | 70 | 62.5 | 55 | 45 | 37.5 |
| 75 | 132.5 | 112.5 | 97.5 | 85 | 77.5 | 70 | 60 | 50 | 40 |
| 82.5 | 140 | 122.5 | 105 | 92.5 | 82.5 | 75 | 62.5 | 52.5 | 42.5 |
| 90 | 147.5 | 127.5 | 112.5 | 97.5 | 87.5 | 77.5 | 67.5 | 55 | 45 |
| 90+ | 152.5 | 132.5 | 115 | 100 | 90 | 80 | 70 | 57.5 | 47.5 |