

| ベンチプレス | エレイコ | | ローグ | | ブル | |
|--------|------|-------|-----|--------------|----|-------|
| | 段 | 2cm刻み | 段 | 1段刻み(2.54cm) | 段 | 2cm刻み |
| 74cm | | | | | 1 | 74 |
| 75cm | 1 | 75 | | | | |
| 76cm | | | (1) | 75 | 2 | 76 |
| 77cm | 2 | 77 | | | | |
| 78cm | | | | | 3 | 78 |
| 79cm | 3 | 79 | 2 | 78 | | |
| 80cm | | | | | 4 | 80 |
| 81cm | 4 | 81 | 3 | 81 | | |
| 82cm | | | | | 5 | 82 |
| 83cm | 5 | 83 | | | | |
| 84cm | | | 4 | 84 | 6 | 84 |
| 85cm | 6 | 85 | | | | |
| 86cm | | | | | 7 | 86 |
| 87cm | 7 | 87 | 5 | 87 | | |
| 88cm | | | | | 8 | 88 |
| 89cm | 8 | 89 | | | | |
| 90cm | | | 6 | 90 | 9 | 90 |
| 91cm | 9 | 91 | | | | |
| 92cm | | | | | 10 | 92 |
| 93cm | 10 | 93 | 7 | 93 | | |
| 94cm | | | | | 11 | 94 |
| 95cm | 11 | 95 | 8 | 96 | | |
| 96cm | | | | | 12 | 96 |
| 97cm | 12 | 97 | | | | |
| 98cm | | | | | 13 | 98 |
| 99cm | 13 | 99 | 9 | 99 | | |
| 100cm | | | | | 14 | 100 |

ローグ1段目はセーフティがつけられない