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Thread: [Benched 205 lbs](#)

DikRioter - October 27, 2015, 3:35 pm

Finally hit 205 lbs on my bench

Im 15, weigh 145, and am proud

?Illuminati - October 27, 2015, 3:52 pm

for your weight and age that is really good, keep up those gainz!

MaxYourBro - October 27, 2015, 4:20 pm

Nice job bro, you'll keep going up in weight. I'm 14 and just hit 128, but I know I can do more I just don't wanna rush it and hurt myself.

FREEBANDZZZZ - October 27, 2015, 7:32 pm

the real question is did you do it correctly

Strictly - October 28, 2015, 9:54 pm

Benching that weight at 15 is impressive.

Bill_Cipher - October 29, 2015, 5:24 am

Lol I can only do 88lbs (40 kg). Nice work OP, that's insane!

Shot Caller - October 29, 2015, 8:11 am

lets see you do 350 @ 18 & 200 lbs

goml

Champa TBE - October 29, 2015, 11:22 am

250lbs bench max @15-16, 158lbs

~495 squat max same age

Rowed and weightlifted at the time.

GJ OP! Keep up the hard work :)

Scymo - October 29, 2015, 12:01 pm

265 max 16 185

kek but good job op

xNeaples - October 29, 2015, 1:44 pm

Pretty impressive for your age. Good job.

Mr. Tycoon - October 29, 2015, 1:50 pm

Good work, keep healthy and no drugs ;)