

APF BEST LIFTER FORMULA

PURPOSE: Ever since primitive times, the argument has gone on: who's really stronger, the heavy one lifting the big rock or the light one lifting the little rock? In the old days of 'Weightlifting' the late Bob Hoffman originated a 'Hoffman Formula' to determine whether or not a lighter lifter was better or not than a heavyweight. When Powerlifting came of age, a set of bodyweight coefficients came into use, where each lifter's bodyweight was assigned a coefficient. This coefficient, multiplied by the lifter's total, gave a product number which determined who was 'Best Lifter.'

When APF was formed, Technical Officer Greg Reshel issued a new set of bodyweight coefficients for both men and women, and a set of charts for their usage was made. In 2004 Herb Glossbrenner revised the formula coefficients and the usage is on the following pages.

MASTERS: When Powerlifting began having 'masters', it quickly became apparent that some sort of age allowance or 'handicap' was needed by this group to sort them out, one from another. How much better must a 40-yr-old be, than a 50-yr-old, to be considered a better lifter? How much better than a 55-yr-old, a 60-yr-old, etc? So, a set of age multipliers, or 'handicap numbers', was issued for Master Lifters year-by-year, from 40 through 80. Since then, however, the number of Master Lifters in the 50+ and 60+ group has become so large that a revision (based on extensive study and years of backup data) was needed. These new numbers are based on comparison of the totals of actual lifters over the past seven years, and a chart for their usage is on the final page of this section.

The formula is: $(LT) \times (GBC) = (PN)$

LT - Lifter's Total

GBC - Glossbrenner Bodyweight Coefficient *

PN - Product Number

The Product Numbers of the lifters are compared and the lifter with the highest Product Number is 'Best Lifter.'

APF MASTERS' FORMULA

The formula is: (LT) times (GBC) times (MAM) = (PN)

LT - Lifter's Total

GBC - Glossbrenner Bodyweight Coefficient*

MAM - Masters' Age Multiple

PN - Product Number

* For women lifters, Glossbrenner Women's Coefficient (GWC) should be used.

The Product Numbers of the lifters are compared and the lifter with the highest Product Number wins.

WPC MASTERS' FORMULA

* For women lifters, Glossbrenner Women's Coefficient should be used.

MASTERS' AGE MULTIPLES							
(McCullough Numbers)							
Age	MAM	Age	MAM	Age	MAM	Age	MAM
40	1.000						
41	1.010	51	1.147	61	1.366	71	1.681
		81	2.096	91	2.605		
42	1.020	52	1.165	62	1.393	72	1.718
		82	2.143	92	2.662		
43	1.031	53	1.184	63	1.421	73	1.756
		83	2.19	93	2.72		
44	1.043	54	1.204	64	1.450	74	1.795
		84	2.238	94	2.779		
45	1.055	55	1.225	65	1.480	75	1.835
		85	2.287	95	2.839		
46	1.068	56	1.246	66	1.511	76	1.876
		86	2.337	96	2.9		
47	1.082	57	1.268	67	1.543	77	1.918
		87	2.388	97	2.962		
48	1.097	58	1.291	68	1.576	78	1.961
		88	2.44	98	3.025		
49	1.113	59	1.315	69	1.610	79	2.005
		89	2.494	99	3.089		
50	1.130	60	1.340	70	1.645	80	2.050
		90	2.549	100	3.154		

The formula is: (LT) times (GBC) times (MAM) = (PN)
 LT - Lifter's Total
 RBC - Glossbrenner Bodyweight Coefficient*
 MAM - Masters' Age Multiple
 PN - Product Number