

# WILKS FORMULA for MEN and WOMEN

by Robert Wilks, Australia

A formula used to determine the best lifter or lift of powerlifters of different body weights.

Find the lifters kilo bodyweight coefficient number from the list by looking down the left

hand column and the tenths of a kilo across the top. EG 69.3 kg has a coefficient of

.7552. Multiply this number by the individual lift or total. The lifter with the highest

resulting figure is the "best lifter".

**Note:** [Sean Anderson](#), an Associate Professor at Idaho State University has converted

the [Wilks co-efficients for use with pounds](#), as used in the USA.

## Wilks Formula for Men

BWT 0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9

40	1.3354	1.3311	1.3268	1.3225	1.3182	1.3140	1.3098	1.3057	1.3016	1.2975
41	1.2934	1.2894	1.2854	1.2814	1.2775	1.2736	1.2697	1.2658	1.2620	1.2582
42	1.2545	1.2507	1.2470	1.2433	1.2397	1.2360	1.2324	1.2289	1.2253	1.2218
43	1.2183	1.2148	1.2113	1.2079	1.2045	1.2011	1.1978	1.1944	1.1911	1.1878
44	1.1846	1.1813	1.1781	1.1749	1.1717	1.1686	1.1654	1.1623	1.1592	1.1562
45	1.1531	1.1501	1.1471	1.1441	1.1411	1.1382	1.1352	1.1323	1.1294	1.1266
46	1.1237	1.1209	1.1181	1.1153	1.1125	1.1097	1.1070	1.1042	1.1015	1.0988
47	1.0962	1.0935	1.0909	1.0882	1.0856	1.0830	1.0805	1.0779	1.0754	1.0728
48	1.0703	1.0678	1.0653	1.0629	1.0604	1.0580	1.0556	1.0532	1.0508	1.0484
49	1.0460	1.0437	1.0413	1.0390	1.0367	1.0344	1.0321	1.0299	1.0276	1.0254
50	1.0232	1.0210	1.0188	1.0166	1.0144	1.0122	1.0101	1.0079	1.0058	1.0037
51	1.0016	0.9995	0.9975	0.9954	0.9933	0.9913	0.9893	0.9873	0.9853	0.9833
52	0.9813	0.9793	0.9773	0.9754	0.9735	0.9715	0.9696	0.9677	0.9658	0.9639
53	0.9621	0.9602	0.9583	0.9565	0.9547	0.9528	0.9510	0.9492	0.9474	0.9457
54	0.9439	0.9421	0.9404	0.9386	0.9369	0.9352	0.9334	0.9317	0.9300	0.9283
55	0.9267	0.9250	0.9233	0.9217	0.9200	0.9184	0.9168	0.9152	0.9135	0.9119
56	0.9103	0.9088	0.9072	0.9056	0.9041	0.9025	0.9010	0.8994	0.8979	0.8964
57	0.8949	0.8934	0.8919	0.8904	0.8889	0.8874	0.8859	0.8845	0.8830	0.8816
58	0.8802	0.8787	0.8773	0.8759	0.8745	0.8731	0.8717	0.8703	0.8689	0.8675
59	0.8662	0.8648	0.8635	0.8621	0.8608	0.8594	0.8581	0.8568	0.8555	0.8542
60	0.8529	0.8516	0.8503	0.8490	0.8477	0.8465	0.8452	0.8439	0.8427	0.8415
61	0.8402	0.8390	0.8378	0.8365	0.8353	0.8341	0.8329	0.8317	0.8305	0.8293
62	0.8281	0.8270	0.8258	0.8246	0.8235	0.8223	0.8212	0.8200	0.8189	0.8178
63	0.8166	0.8155	0.8144	0.8133	0.8122	0.8111	0.8100	0.8089	0.8078	0.8067
64	0.8057	0.8046	0.8035	0.8025	0.8014	0.8004	0.7993	0.7983	0.7973	0.7962
65	0.7952	0.7942	0.7932	0.7922	0.7911	0.7901	0.7891	0.7881	0.7872	0.7862
66	0.7852	0.7842	0.7832	0.7823	0.7813	0.7804	0.7794	0.7785	0.7775	0.7766
67	0.7756	0.7747	0.7738	0.7729	0.7719	0.7710	0.7701	0.7692	0.7683	0.7674
68	0.7665	0.7656	0.7647	0.7638	0.7630	0.7621	0.7612	0.7603	0.7595	0.7586
69	0.7578	0.7569	0.7561	0.7552	0.7544	0.7535	0.7527	0.7519	0.7510	0.7502
70	0.7494	0.7486	0.7478	0.7469	0.7461	0.7453	0.7445	0.7437	0.7430	0.7422
71	0.7414	0.7406	0.7398	0.7390	0.7383	0.7375	0.7367	0.7360	0.7352	0.7345
72	0.7337	0.7330	0.7322	0.7315	0.7307	0.7300	0.7293	0.7285	0.7278	0.7271
73	0.7264	0.7256	0.7249	0.7242	0.7235	0.7228	0.7221	0.7214	0.7207	0.7200
74	0.7193	0.7186	0.7179	0.7173	0.7166	0.7159	0.7152	0.7146	0.7139	0.7132
75	0.7126	0.7119	0.7112	0.7106	0.7099	0.7093	0.7086	0.7080	0.7074	0.7067
76	0.7061	0.7055	0.7048	0.7042	0.7036	0.7029	0.7023	0.7017	0.7011	0.7005
77	0.6999	0.6993	0.6987	0.6981	0.6975	0.6969	0.6963	0.6957	0.6951	0.6945
78	0.6939	0.6933	0.6927	0.6922	0.6916	0.6910	0.6905	0.6899	0.6893	0.6888
79	0.6882	0.6876	0.6871	0.6865	0.6860	0.6854	0.6849	0.6843	0.6838	0.6832

80 0.6827 0.6822 0.6816 0.6811 0.6806 0.6800 0.6795 0.6790 0.6785 0.6779  
81 0.6774 0.6769 0.6764 0.6759 0.6754 0.6749 0.6744 0.6739 0.6734 0.6729  
82 0.6724 0.6719 0.6714 0.6709 0.6704 0.6699 0.6694 0.6689 0.6685 0.6680  
83 0.6675 0.6670 0.6665 0.6661 0.6656 0.6651 0.6647 0.6642 0.6637 0.6633  
84 0.6628 0.6624 0.6619 0.6615 0.6610 0.6606 0.6601 0.6597 0.6592 0.6588  
85 0.6583 0.6579 0.6575 0.6570 0.6566 0.6562 0.6557 0.6553 0.6549 0.6545  
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87 0.6499 0.6495 0.6491 0.6487 0.6483 0.6479 0.6475 0.6471 0.6467 0.6463  
88 0.6459 0.6455 0.6451 0.6447 0.6444 0.6440 0.6436 0.6432 0.6428 0.6424  
89 0.6421 0.6417 0.6413 0.6410 0.6406 0.6402 0.6398 0.6395 0.6391 0.6388  
90 0.6384 0.6380 0.6377 0.6373 0.6370 0.6366 0.6363 0.6359 0.6356 0.6352  
91 0.6349 0.6345 0.6342 0.6338 0.6335 0.6331 0.6328 0.6325 0.6321 0.6318  
92 0.6315 0.6311 0.6308 0.6305 0.6301 0.6298 0.6295 0.6292 0.6288 0.6285  
93 0.6282 0.6279 0.6276 0.6272 0.6269 0.6266 0.6263 0.6260 0.6257 0.6254  
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199 0.5317 0.5317 0.5317 0.5317 0.5316 0.5316 0.5316 0.5316 0.5316 0.5316  
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**Wilks Formula for Women**

BWT 0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9

40 1.4936 1.4915 1.4894 1.4872 1.4851 1.4830 1.4809 1.4788 1.4766 1.4745  
41 1.4724 1.4702 1.4681 1.4660 1.4638 1.4617 1.4595 1.4574 1.4552 1.4531  
42 1.4510 1.4488 1.4467 1.4445 1.4424 1.4402 1.4381 1.4359 1.4338 1.4316  
43 1.4295 1.4273 1.4252 1.4231 1.4209 1.4188 1.4166 1.4145 1.4123 1.4102  
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