

Table 1

| | Bench Press | Arm Curl | Leg Press | Pushups | Situps | Pullups |
|-----------------------------------|-----------------------------|-----------------------------|------------------------------|--------------------------|------------------------|--------------------------|
| Women | | | | | | |
| Age 55-59 | | | | | | |
| Julie Baker (wc 125-135) | Gold (Best Result: 95) | Gold (Best Result :80) | Gold (Best Result : 505 lb) | Gold (Best Result : 36) | Gold (Best Result :47 | Gold (Best Result: 13 |
| Sheela Rangen (wc 145-154) | Gold (Best Result: 70) | Gold (Best Result :55) | Gold (Best Result :335) | | Gold (Best Result: 37) | |
| Men | | | | | | |
| Age 55-59 | | | | | | |
| Dan Green | Gold (Best Result : 315lb) | Gold (Best Result: 145 lb) | Gold (Best Result : 870 lb) | Gold (Best Result: 50) | | Gold (Best Result: 12 |
| Age 60-64 | | | | | | |
| Robert Novack | Gold (Best Result :240 lb) | Gold (Best Result: 125 lb) | Gold (Best Result:870 lb) | | | |
| Age 65-69 | | | | | | |
| Allen Bauer (wc 195-204) | Gold (Best Result :245 lb) | Gold (Best Result: 110 lb) | Gold (Best Result:555 lb) | Gold (Best Result :53) | Gold (Best Result :35) | Gold (Best Result : 3) |
| Robert Kroll (wc 175-184) | Gold (Best Result : 195lb) | | | | | |
| Age 70-74 | | | | | | |
| Michael Baer (wc 125- 134) | Gold (Best Result: 195 lb) | Gold (Best Result: 95 lb) | Gold (Best Result: 475 lb) | Gold (Best Result :121) | Gold (Best Result: 57) | |
| Toney Carden (wc 165-174) | | | | Gold (Best Result : 50) | | |
| Greg Messick (wc 165-174) | Gold (Best Result : 185 lb) | Gold (Best Result : 100 lb) | Gold (Best Result : 465 lb) | Gold (Best Result :33) | Gold (Best Result: 45) | Gold (Best Result :4) |
| Age 75-79 | | | | | | |
| Dennis Jouett (wc 175-184) | Gold (Best Result : 155 lb) | Gold (Best Result: 110 lb) | Gold (best Result: 335 lb) | Gold (Best Result :15) | Gold (Best Result :25 | |
| Jay Dash | | | | Gold (Best Result: 70 | Gold (Best Result: 45) | Gold (Best Result : 16) |
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