

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
86 0.6540 0.6536 0.6532 0.6528 0.6523 0.6519 0.6515 0.6511 0.6507 0.6503
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
94 0.6250 0.6247 0.6244 0.6241 0.6238 0.6235 0.6232 0.6229 0.6226 0.6223
95 0.6220 0.6217 0.6214 0.6211 0.6209 0.6206 0.6203 0.6200 0.6197 0.6194
96 0.6191 0.6188 0.6186 0.6183 0.6180 0.6177 0.6174 0.6172 0.6169 0.6166
97 0.6163 0.6161 0.6158 0.6155 0.6152 0.6150 0.6147 0.6144 0.6142 0.6139
98 0.6136 0.6134 0.6131 0.6129 0.6126 0.6123 0.6121 0.6118 0.6116 0.6113
99 0.6111 0.6108 0.6106 0.6103 0.6101 0.6098 0.6096 0.6093 0.6091 0.6088
100 0.6086 0.6083 0.6081 0.6079 0.6076 0.6074 0.6071 0.6069 0.6067 0.6064
101 0.6062 0.6060 0.6057 0.6055 0.6053 0.6050 0.6048 0.6046 0.6044 0.6041
102 0.6039 0.6037 0.6035 0.6032 0.6030 0.6028 0.6026 0.6024 0.6021 0.6019
103 0.6017 0.6015 0.6013 0.6011 0.6009 0.6006 0.6004 0.6002 0.6000 0.5998
104 0.5996 0.5994 0.5992 0.5990 0.5988 0.5986 0.5984 0.5982 0.5980 0.5978
105 0.5976 0.5974 0.5972 0.5970 0.5968 0.5966 0.5964 0.5962 0.5960 0.5958
106 0.5956 0.5954 0.5952 0.5950 0.5948 0.5946 0.5945 0.5943 0.5941 0.5939
107 0.5937 0.5935 0.5933 0.5932 0.5930 0.5928 0.5926 0.5924 0.5923 0.5921
108 0.5919 0.5917 0.5916 0.5914 0.5912 0.5910 0.5909 0.5907 0.5905 0.5903
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111 0.5869 0.5867 0.5866 0.5864 0.5863 0.5861 0.5860 0.5858 0.5856 0.5855
112 0.5853 0.5852 0.5850 0.5849 0.5847 0.5846 0.5844 0.5843 0.5841 0.5840
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149 0.5538 0.5538 0.5537 0.5537 0.5536 0.5536 0.5535 0.5535 0.5534 0.5533
150 0.5533 0.5532 0.5532 0.5531 0.5531 0.5530 0.5530 0.5529 0.5529 0.5528
151 0.5528 0.5527 0.5527 0.5526 0.5526 0.5525 0.5525 0.5524 0.5524 0.5523
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173 0.5416 0.5416 0.5415 0.5415 0.5414 0.5414 0.5413 0.5413 0.5412 0.5412
174 0.5411 0.5411 0.5410 0.5410 0.5409 0.5409 0.5408 0.5408 0.5407 0.5407
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186 0.5355 0.5354 0.5354 0.5353 0.5353 0.5353 0.5352 0.5352 0.5351 0.5351
187 0.5351 0.5350 0.5350 0.5349 0.5349 0.5349 0.5348 0.5348 0.5347 0.5347
188 0.5347 0.5346 0.5346 0.5345 0.5345 0.5345 0.5344 0.5344 0.5344 0.5343
189 0.5343 0.5342 0.5342 0.5342 0.5341 0.5341 0.5341 0.5340 0.5340 0.5340
190 0.5339 0.5339 0.5338 0.5338 0.5338 0.5337 0.5337 0.5337 0.5336 0.5336
191 0.5336 0.5335 0.5335 0.5335 0.5334 0.5334 0.5334 0.5333 0.5333 0.5333
192 0.5332 0.5332 0.5332 0.5332 0.5331 0.5331 0.5331 0.5330 0.5330 0.5330
193 0.5329 0.5329 0.5329 0.5329 0.5328 0.5328 0.5328 0.5327 0.5327 0.5327

194 0.5327 0.5326 0.5326 0.5326 0.5326 0.5325 0.5325 0.5325 0.5325 0.5324
195 0.5324 0.5324 0.5324 0.5323 0.5323 0.5323 0.5323 0.5322 0.5322 0.5322
196 0.5322 0.5322 0.5321 0.5321 0.5321 0.5321 0.5321 0.5320 0.5320 0.5320
197 0.5320 0.5320 0.5319 0.5319 0.5319 0.5319 0.5319 0.5319 0.5318 0.5318
198 0.5318 0.5318 0.5318 0.5318 0.5318 0.5317 0.5317 0.5317 0.5317 0.5317
199 0.5317 0.5317 0.5317 0.5317 0.5316 0.5316 0.5316 0.5316 0.5316 0.5316
200 0.5316 0.5316 0.5316 0.5316 0.5316 0.5315 0.5315 0.5315 0.5315 0.5315
201 0.5315 0.5315 0.5315 0.5315 0.5315 0.5315 0.5315 0.5315 0.5315 0.5315
202 0.5315 0.5315 0.5315 0.5315 0.5315 0.5315 0.5315 0.5315 0.5315 0.5315
203 0.5315 0.5315 0.5315 0.5315 0.5315 0.5315 0.5316 0.5316 0.5316 0.5316
204 0.5316 0.5316 0.5316 0.5316 0.5316 0.5316 0.5316 0.5317 0.5317 0.5317
205 0.5317 0.5317 0.5317 0.5317 0.5318 0.5318 0.5318 0.5318 0.5318 0.5318

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
44 1.4081 1.4059 1.4038 1.4017 1.3995 1.3974 1.3953 1.3932 1.3910 1.3889
45 1.3868 1.3847 1.3825 1.3804 1.3783 1.3762 1.3741 1.3720 1.3699 1.3678
46 1.3657 1.3636 1.3615 1.3594 1.3573 1.3553 1.3532 1.3511 1.3490 1.3470
47 1.3449 1.3428 1.3408 1.3387 1.3367 1.3346 1.3326 1.3305 1.3285 1.3265
48 1.3244 1.3224 1.3204 1.3183 1.3163 1.3143 1.3123 1.3103 1.3083 1.3063
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