

Wilks Calculator

by Daniel Cheslo

This program is designed to take your body weight, and your total weight lifted between Squat, Bench Press, and Deadlift, and calculate your Wilks score, the score used to compare powerlifters between weight classes. Otherwise, comparing direct strength between someone in the 59kg weight class and the 105kg weight class would be extremely biased towards the 105kg lifter. Make sure that both weights are in the same unit. See the formula here: https://en.wikipedia.org/wiki/Wilks_Coefficient.

Units	<input type="text" value="kg"/>	Gender	<input type="text" value="Male"/>
Body Weight	<input type="text"/>		
Weight Lifted	<input type="text"/>		
<input type="button" value="Calculate"/>			
Wilks Score	<input type="text" value="400.6056507"/>		