

Basic Strength Standards

8IBWIBN

6SBFBPWFFWF

FSNFBF-FWF

"WBFBF-FWF

PSIFSPTRBTFIBFWFSFWFP

BSFPPSCBLTRBT

IPPTFIIFWFSFIBTTPBSFPTFTPP%PhFTTP

BSFIFNFSP

BL Squat - Adult Men

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
114	78	144	174	240	320
123	84	155	190	259	346
132	91	168	205	278	369
148	101	188	230	313	410
165	110	204	250	342	445
181	119	220	269	367	479
198	125	232	285	387	504
220	132	244	301	409	532
242	137	255	311	423	551
275	141	261	319	435	567
319	144	267	326	445	580
320+	147	272	332	454	593

BL Squat - Adult Women

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
97	46	84	98	129	163
105	49	91	106	140	174
114	53	98	114	150	187
123	56	103	121	160	199
132	59	110	127	168	211
148	65	121	141	185	232
165	70	130	151	200	256
181	75	139	164	215	268
198	81	150	174	229	288
199+	85	158	184	242	303

Bench Press - Adult Men

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
114	84	107	130	179	222
123	91	116	142	194	242
132	98	125	153	208	260
148	109	140	172	234	291
165	119	152	187	255	319
181	128	164	201	275	343
198	135	173	213	289	362
220	142	183	225	306	381
242	149	190	232	316	395
275	153	196	239	325	407
319	156	199	244	333	416
320+	159	204	248	340	425

Deadlift - Adult Men

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
114	97	179	204	299	387
123	105	194	222	320	414
132	113	209	239	342	438
148	126	234	269	380	482
165	137	254	293	411	518
181	148	274	315	438	548
198	156	289	333	457	567
220	164	305	351	479	586
242	172	318	363	490	596
275	176	326	373	499	602
319	180	333	381	506	608
320+	183	340	388	512	617

Bench Press - Adult Women

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
97	49	63	73	94	116
105	53	68	79	102	124
114	57	73	85	109	133
123	60	77	90	116	142
132	64	82	95	122	150
148	70	90	105	135	165
165	76	97	113	146	183
181	81	104	122	158	192
198	88	112	130	167	205
199+	92	118	137	177	217

Deadlift - Adult Women

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
97	57	105	122	175	232
105	61	114	132	189	242
114	66	122	142	200	253
123	70	129	151	211	263
132	74	137	159	220	273
148	81	151	176	241	295
165	88	162	189	258	319
181	94	174	204	273	329
198	101	187	217	284	349
199+	107	197	229	297	364

Clean - Adult Men

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
114	56	103	125	173	207
123	60	112	137	186	224
132	65	121	148	200	239
148	73	135	166	225	266
165	79	147	180	246	288
181	85	158	194	264	310
198	90	167	205	279	327
220	95	176	217	294	345
242	99	183	224	305	357
275	102	188	230	313	367
319	104	192	235	320	376
320+	106	196	239	327	384

Clean - Adult Women

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
97	33	61	70	93	117
105	35	66	76	101	125
114	38	70	82	108	135
123	40	74	87	115	143
132	43	79	92	121	152
148	47	87	101	133	167
165	50	93	109	144	184
181	54	100	118	155	193
198	58	108	125	165	207
199+	61	114	132	174	218

Weightlifting Performance Standards Tables

The standards presented in the following tables represent a performance that can be reasonably expected of an athlete at various levels of training advancement using standard full range-of-motion barbell exercises. In the tables above, the term "untrained" refers to the expected level of strength in a healthy individual who has not trained on the exercise before but can perform it correctly. This represents the minimum level of strength required to maintain a reasonable quality of life in a sedentary individual. "Novice" means a person training regularly for a period of 3-9 months. This strength level supports the demands of vigorous recreational activities. An "intermediate" is a person who has engaged in regular training for up to two years. The intermediate level indicates some degree of specialization in the exercises and a high level of performance at the recreational level. The term "advanced" refers to an individual with multi-year training experience with definite goals in the higher levels of competitive athletics. The term "elite" refers specifically to athletes competing in strength sports. Less than 1% of the weight training population will attain this level.

Tables for the basic barbell exercises were developed from (1) definitions in "Practical Programming" by Kilgore, Rippetoe, and Pendlay, (2) the experience and judgment of the authors, (3) the exercise techniques described and illustrated in "Starting Strength" by Rippetoe and Kilgore, and (4) published performance standards for the sports of powerlifting and weightlifting.