**Basic Strength Standards** 

												J
Press - Adult N	/len				•		Squat - Adult N	¶en				
Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite		Body Weight	Un-trained	Novice	Intermediate	Advanced	
114	53	72	90	107	129		114	78	144	174	240	
123	57	78	98	116	141		123	84	155	190	259	
132	61	84	105	125	151		132	91	168	205	278	
148	69	94	119	140	169		148	101	188	230	313	
165	75	102	129	153	186		165	110	204	250	342	
181	81	110	138	164	218		181	119	220	269	367	
198	85	116	146	173	234							
							198	125	232	285	387	
220	89	122	155	183	255		220	132	244	301	409	
242	93	127	159	189	264		242	137	255	311	423	
275	96	131	164	194	272		275	141	261	319	435	
319	98	133	167	199	278		319	144	267	326	445	
320+	100	136	171	203	284		320+	147	272	332	454	
Press - Adult V	Women						Squat - Adult V	Vomen				
Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite		Body Weight	Un-trained	Novice	Intermediate	Advanced	
97	31	42	50	66	85		97	46	84	98	129	
105	33	46	53	71	91		105	49	91	106	140	
114	36	49	58	76	97		114	53	98	114	150	
123	38	52	61	81	104		123	56	103	121	160	
132	40	55	65	85	110		132	59	110	127	168	
148	44	60	72	94	121		148	65	121	141	185	
165	48	65	72 77	102	134		165	70	130	151	200	
181	48 51	70	83	102	134		181	75	139	164	215	
198	55	75 <b>7</b> 5	83	117	151		198	81	150	174	229	
199+	58	79	93	123	159		199+	85	158	184	242	
Bench Press - Adult Men						Deadlift - Adult Men						
Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite		Body Weight	Un-trained	Novice	Intermediate	Advanced	
114	84	107	130	179	222		114	97	179	204	299	
123	91	116	142	194	242		123	105	194	222	320	
132	98	125	153	208	260		132	113	209	239	342	
148	109	140	172	234	291		148	126	234	269	380	
165	119	152	187	255	319		165	137	254	293	411	
181	128	164	201	275	343		181	148	274	315	438	
198	135	173	213	289	362		198	156	289	333	457	
							220				479	
220	142	183	225	306	381			164	305	351		
242	149	190	232	316	395		242	172	318	363	490	
275	153	196	239	325	407		275	176	326	373	499	
319	156	199	244	333	416		319	180	333	381	506	
320+	159	204	248	340	425		320+	183	340	388	512	
Bench Press - Adult Women						Deadlift - Adul	t Women					
Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite		Body Weight	Un-trained	Novice	Intermediate	Advanced	
97	49	63	73	94	116		97	57	105	122	175	
105	53	68	79	102	124		105	61	114	132	189	
114	57	73	85	109	133		114	66	122	142	200	
123	60	77	90	116	142		123	70	129	151	211	
132	64	82	95	122	150		132	74	137	159	220	
148	70	90	105	135	165		148	81	151	176	241	
165	76	97	113	146	183			88	162	189	258	
							165					
181	81	104	122	158	192		181	94	174	204	273	
198 199+	88 92	112 118	130 137	167 177	205 217		198 199+	101 107	187 197	217 229	284 297	
Power Clean -					T. 11	Weightli	fting Perforn	ance Standa	rds Table	s		
Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite	_	he standards p				sent a perfor	rme
114	56	103	125	173	207		_			-	_	
123	60	112	137	186	224	that can I	oe reasonably e	expected of ar	i athlete a	t various levels	s of training	,
132	65	121	148	200	239	advancen	nent using stan	dard full rang	ge-of-moti	on barbell exe	rcises. In the	e ta
148	73	135	166	225	266		e term "untrai					
165	79	147	180	246	288							
181	85	158	194	264	310		l who has not				_	
198	90	167	205	279	327	correctly	. This represen	ts the minim	um level (	of strength req	uired to ma	inta
220	95	176	217	294	345	reasonable quality of life in a sedentary individual. "Novice" means a personable						
242	99	183		305	357							
			224				regularly for a	-		~ .		
275	102	188	230	313	367	demands	of vigorous re	creational act	ivities. Ar	n "intermediate	e" is a perso	n w
319	104	192	235	320	376	has engag	ged in regular t	raining for 111	to two v	ears. The inter	rmediate lev	rel
320+	106	196	239	327	384		some degree o					
D 6:	4 1 1, ****						_	_			-	
	Adult Women				P.11	pertorma	nce at the recr	eational level				ndi
Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite	1.1 1			1.1 1 C	ina anala in dha	1 1 1	1

nance ables althy tain a on the who 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

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.

Body Weight

199+

Un-trained

Novice

Intermediate

Advanced

Elite