POWER CLEAN Strength Standards

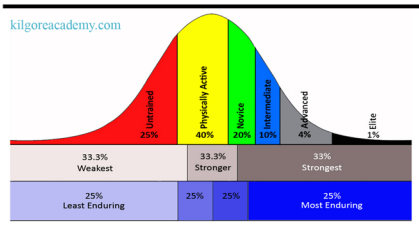
Adult Men

Body Weight	Physically Inactive	Physically Active	Novice Trainee	Intermediate Trainee	Advanced Trainee	Elite Trainee
114	<55	55	106	128	176	205
123	<62	62	110	139	187	227
132	<66	66	121	150	198	243
148	<77	77	132	165	227	265
165	<84	84	143	183	249	293
181	<86	86	161	194	265	309
198	<88	88	165	205	282	326
220	<95	95	176	216	298	342
242	<99	99	183	227	309	353
275	<106	106	187	231	315	364
320	<110	110	194	238	320	375
Over 40 years old						
114	<49	49	94	114	157	182
123	<55	55	98	124	167	202
132	<59	59	108	133	177	216
148	<69	69	118	147	202	235
165	<75	75	128	163	222	261
181	<77	77	143	173	235	275
198	<78	78	147	182	251	290
220	<84	84	157	192	265	304
242	<88	88	163	202	275	314
275	<94	94	167	206	281	324
320	<98	98	173	212	285	334
Over 50 years old						
114	<45	45	86	104	143	166
123	<50	50	89	113	152	184
132	<54	54	98	121	161	196
148	<63	63	107	134	184	214
165	<68	68	116	148	202	238
181	<70	70	130	157	214	250
198	<73	73	134	166	229	264
220	<77	77	143	175	241	277
242	<80	80	148	184	250	286
275	<86	86	152	188	255	295
320	<89	89	157	193	259	304
Over 60 years old						
114	<36	36	69	83	115	133
123	<40	40	72	90	122	148
132	<43	43	79	97	129	158
148	<50	50	86	107	148	172
165	<53	53	93	119	162	191
181	<56	56	105	126	172	201
198	<57	57	107	133	183	212
220	<62	62	115	140	193	222
242	<64	64	119	148	201	229
275	<69	69	122	150	205	236
320	<72	72	126	155	208	244
Over 70 years old						
114	<30	30	58	70	97	113
123	<34	34	61	76	103	125
132	<36	36	67	82	109	133
148	<42	42	73	91	125	146
165	<44	44	79	101	137	161
181	<47	47	89	107	146	170
198	<49	49	91	113	155	179
220	<52	52	97	119	164	188
242	<55	55	101	125	170	194
275	<58	58	103	127	173	200
320	<61	61	107	131	176	206

Adult Women

Body Weight	Physically Inactive	Physically Active	Novice Trainee	Intermediate Trainee	Advanced Trainee	Elite Trainee
97	<29	29	62	73	95	117
106	<33	33	66	77	99	128
115	<37	37	73	79	110	132
123	<40	40	77	84	117	143
132	<44	44	84	88	121	150
148	<49	49	88	99	132	165
165	<51	51	95	110	143	187
181	<55	55	99	121	154	198
198	<62	62	110	128	165	209
212	<66	66	117	139	176	220
Over 40 years old						
97	<26	26	55	65	84	104
106	<29	29	59	69	88	114
115	<33	33	65	71	98	118
123	<35	35	69	75	104	128
132	<39	39	75	78	108	133
148	<44	43	78	88	118	147
165	<46	46	84	98	128	167
181	<49	49	88	108	137	177
198	<55	55	98	114	147	186
212	<59	59	104	124	157	196
Over 50 years old						
97	<23	23	50	59	77	95
106	<27	27	54	63	80	104
115	<30	30	59	64	89	107
123	<32	32	63	68	95	116
132	<36	36	68	71	98	121
148	<39	39	71	80	107	134
165	<41	41	77	89	116	152
181	<45	45	80	98	125	161
198	<50	50	89	104	134	170
212	<54	54	95	113	143	179
Over 60 years old						
97	<19	19	40	47	62	76
106	<21	21	43	50	64	83
115	<24	24	47	52	72	86
123	<26	26	50	54	76	93
132	<29	29	54	57	79	97
148	<32	32	57	64	86	107
165	<33	33	62	72	93	122
181	<36	36	64	79	100	129
198	<40	40	72	83	107	136
212	<43	43	76	90	115	143
Over 70 years old						
97	<16	16	34	40	52	64
106	<18	18	36	42	55	70
115	<21	21	40	44	61	73
123	<22	22	42	46	64	79
132	<24	24	46	49	67	82
148	<27	27	49	55	73	91
165	<28	28	52	61	79	103
181	<30	30	55	67	85	109
198	<34	34	61	70	91	115
212	<36	36	64	76	97	121

A standard is what we can realistically expect someone with specific characteristics (male-female, young-old-older, newbie-world level competitor) to do in a particular exercise. When a standard is used, the criteria of measurement must be as specific as possible. For example, a standard should specify the lift or exercise to be done, the precise parameters of successful performance, the means of measurement, along with the gender, age, and training state of the individual. Performance standards allow us to provide relative feedback about progress, to give direction in addressing fitness shortcomings, and they help us set short and long term goals. The standards presented here are for adults over 18-39 years of age, along with adjusted standards for each decade of the lifespan, 40 through 79. All standards are based on completing the exercises with no assistance, no supportive gear (weightlifting and unequipped powerlifting rules for strength standards), and using the complete range of motion as described in competitive rule books or as pictured above. ***Physically Inactive*** - Does not accumulate 30 minutes of physical activity per day. ***Physically Active*** - Accumulates 30 minutes or more of physical activity on most days of the week. May recreationally take part in sport or exercise 1-2 days per month. ***Novice*** - An individual who begins regular training with the intent to improve fitness. Definitions of novice to elite are derived from those in *Practical Programming for Strength Training* (Rippetoe & Kilgore, 2006). Standards are for a single maximal repetition (1RM, Max, PR, PB, etc.). The elite column does not represent the highest level of performance possible.



Strength has a beneficial effect not only on your ability to function in day-to-day life, it also is associated with a reduction in the risk of premature death from any cause (yes, any cause). The weakest third of the population dies at a faster rate than the rest of the population. Getting strong and moving up into the intermediate level moves you into the strongest third of the population and provides the best protection from mortality. Moving to the higher levels of strength progression produces the best function at work and play as well as improving quality of life.

see *British Medical Journal* 12:337(7661): 92-95, 2008