Power Snatch Strength Standards

Men

Body Weight	Untrained	Novice	Intermediate	Advanced	Elite
114	45	80	95	135	160
123	50	85	105	145	175
132	55	95	115	155	185
148	60	105	130	175	205
165	65	115	140	190	225
181	70	125	150	205	240
198	75	130	160	220	250
220	80	135	170	230	265
242	85	140	175	235	275
275	90	145	180	245	285
319	95	150	185	250	290
320+	100	155	190	260	300
Over 40 years old					
114	40	70	80	115	140
123	45	75	90	125	150
132	45	85	100	135	160
148	50	90	110	150	180
165	55	100	120	135	195
181	60	110	130	175	205
198	65	115	140	190	215
220	70	120	145	200	230
242	75	125	150	205	240
275	80	130	155	210	245
319	85	135	160	215	250
320+	90	140	165	225	260
Over 50 years old					
114	35	60	70	105	125
123	40	65	80	110	135
132	40	70	85	120	140
148	45	80	100	135	155
165	50	85	105	145	170
181	55	95	115	155	180
198	55	100	125	165	190
220	60	105	130	175	200
242	65	110	135	180	210
275	70	115	140	185	215
319	75	120	145	190	220
320+	80	125	150	200	230
Over 60 years old					
114	25	45	55	80	95
123	30	50	60	85	105
132	30	55	70	90	110
148	35	60	75	100	120
165	40	65	80	110	130
181	40	70	90	120	140
198	45	75	95	130	145
220	45	80	100	135	155
242	50	85	105	140	160
275	55	90	110	145	165
319	60	95	115	150	170
320+	65	100	120	155	175

Women

Body Weight	Untrained	Novice	Intermediate	Advanced	Elite
97	25	50	55	75	95
105	30	55	60	80	100
114	35	55	65	85	110
123	35	60	70	90	115
132	35	65	75	95	120
148	40	70	80	110	135
165	40	75	90	115	150
181	45	80	95	125	155
198	50	90	100	135	165
199+	55	95	110	140	175
Over 40 years old					
97	20	45	45	65	80
105	25	50	50	70	85
114	30	50	55	75	95
123	30	55	60	80	100
132	30	55	65	85	105
148	35	60	70	95	115
165	35	65	75	100	130
181	40	70	80	110	135
198	45	75	85	115	140
199+	50	80	95	120	150
Over 50 years old					
97	20	40	40	55	70
105	20	45	45	60	75
114	25	45	50	65	85
123	25	45	55	70	90
132	25	50	60	75	95
148	30	55	65	85	105
165	30	55	70	90	115
181	35	60	70	95	120
198	40	70	75	105	125
199+	40	75	85	110	135
Over 60 years old					
97	15	30	30	45	55
105	15	30	35	45	60
114	20	30	40	50	65
123	20	35	40	50	70
132	20	40	45	55	75
148	25	40	45	65	80
165	25	45	50	70	85
181	25	45	55	75	90
198	30	50	60	80	95
199+	35	55	65	85	105

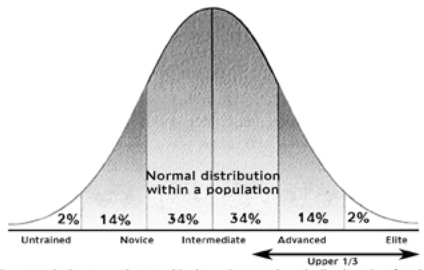
Performance standards are by nature a crude estimate of what we think someone should be capable of in a certain task under certain conditions. What is presented here are adult standards (>18 years old) based on competitive weightlifting and powerlifting (un-aided) classification systems in use from the 1960's to the present. Adjustments for the inevitability of aging are included. Standards are based on lifts completed with no supportive gear (belt is acceptable) and using complete range of motion exercises as described in each lift's official international competitive rules and/or as pictured above. For the power snatch, if you catch the bar below a 90 degree knee angle or catch the bar and ride it below parallel, it voids the measurement. No "press out" is allowed. Definitions of Novice through Elite are those found in Practical Programming for Strength Training (Rippetoe & Kilgore, 2006).

Standards listed are for a single maximal repetition (1RM, Max, PR, PB, etc). The elite column does not represent the highest level of strength performance possible.

Strength will make you less likely to die ... die from any cause. Cancer, heart attack, AIDS, car wreck, gunshot, you name the demise, it doesn't matter. If you are weak you will not survive the nastiness the world can throw at you as well as if you are strong. The strongest of us are the best survivors.

The strongest third of the population dies at a lower rate from all causes than the weaker two thirds of the population. Look it up ...

British Medical Journal. 2008 July 12:337(7661): 92-95



The strongest third of the population correlates with the advanced and elite levels of training progression.