

Deadlift Strength Standards



Men					
Body Weight	Untrained	Novice	Intermediate	Advanced	Elite
114	95	180	205	300	385
123	105	195	220	320	415
132	105	210	240	340	440
148	125	235	270	380	480
165	135	255	295	410	520
181	150	275	315	440	550
198	155	290	335	460	565
220	165	305	350	480	585
242	170	320	365	490	595
275	175	325	375	500	600
319	181	335	380	505	610
320+	185	340	390	510	615
Over 40 years old					
114	85	155	175	260	330
123	90	170	190	275	355
132	100	180	205	290	380
148	110	200	230	325	415
165	120	220	255	355	445
181	130	240	270	375	475
198	135	250	290	395	485
220	140	260	300	415	505
242	145	275	315	420	510
275	150	280	325	430	515
319	155	290	330	435	525
320+	160	295	335	440	530
Over 50 years old					
114	75	135	155	230	295
123	81	150	165	245	315
132	85	160	185	260	335
148	95	180	205	290	365
165	105	195	225	310	395
181	115	210	240	335	420
198	120	220	255	350	430
220	124	230	265	365	445
242	130	245	275	370	450
275	135	247	285	380	455
319	140	255	290	385	465
320+	145	260	295	390	470
Over 60 years old					
114	55	105	115	170	220
123	60	110	125	180	235
132	65	120	135	195	250
148	70	135	155	215	275
165	75	145	170	235	295
181	85	155	180	250	315
198	90	165	190	260	325
220	95	175	200	275	335
242	100	180	210	280	340
275	100	185	215	285	345
319	105	190	220	290	350
320+	105	195	225	295	355

Women					
Body Weight	Untrained	Novice	Intermediate	Advanced	Elite
97	55	105	110	175	230
105	60	115	130	190	240
114	65	120	140	200	255
123	70	130	150	210	265
132	75	135	160	220	275
148	80	150	175	240	295
165	90	160	190	260	320
181	95	175	205	275	330
198	100	195	215	285	350
199+	110	195	230	300	365
Over 40 years old					
97	50	90	95	150	200
105	55	100	110	165	210
114	55	105	120	170	220
123	59	110	130	180	230
132	65	115	140	190	240
148	70	130	150	205	255
165	75	140	165	225	275
181	80	150	175	235	285
198	90	170	185	245	300
199+	95	175	200	260	315
Over 50 years old					
97	40	80	85	135	175
105	45	85	100	145	185
114	50	90	105	150	195
123	55	100	115	160	200
132	57	105	120	170	210
148	65	115	135	180	225
165	70	125	145	200	245
181	75	135	155	210	250
198	80	145	165	220	265
199+	85	150	175	230	275
Over 60 years old					
97	30	60	65	100	130
105	35	65	75	110	140
114	40	70	80	115	145
123	40	75	85	120	150
132	45	80	90	125	155
148	45	85	100	135	170
165	50	90	110	150	180
181	55	100	120	155	190
198	60	105	125	160	200
199+	65	110	130	170	210

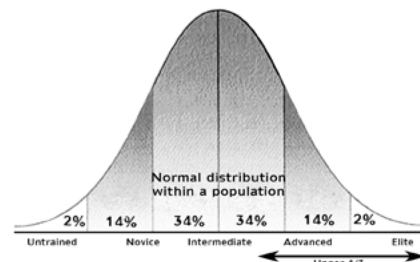
Performance standards are by nature a crude estimate of what we think someone should be capable of in a certain task under certain conditions. What is presented here are adult standards (>18 years old) based on competitive weightlifting and powerlifting (un-aided) classification systems in use from the 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 deadlift, if you do not completely extend the knees, hips, and upper back, it voids the measurement. 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.