

Press Strength Standards



Men

Body Weight	Untrained	Novice	Intermediate	Advanced	Elite
114	55	75	90	110	130
123	60	80	100	115	140
132	65	85	105	125	150
148	70	95	120	140	170
165	75	100	130	155	190
181	80	110	140	165	220
198	85	115	145	175	235
220	90	120	155	185	255
242	95	125	160	190	265
275	95	130	165	195	275
319	100	135	170	200	280
320+	100	140	175	205	285

Over 40 years old

114	45	65	80	95	115
123	50	70	85	100	125
132	55	75	90	110	130
148	60	85	105	125	150
165	65	90	115	135	165
181	70	95	120	145	190
198	75	100	125	150	205
220	80	105	135	160	220
242	85	110	140	165	230
275	85	115	145	170	240
319	90	120	150	175	245
320+	90	125	155	180	250

Over 50 years old

114	40	55	70	85	100
123	45	60	75	90	105
132	50	65	80	95	115
148	55	70	90	105	130
165	60	75	100	120	145
181	60	80	105	125	170
198	65	85	110	135	180
220	70	90	115	140	195
242	70	95	120	145	200
275	70	100	125	150	210
319	75	105	130	155	215
320+	75	110	135	160	220

Over 60 years old

114	30	45	50	65	75
123	35	45	55	65	80
132	35	50	60	70	85
148	40	55	70	80	100
165	45	55	75	90	110
181	45	65	80	94	125
198	50	65	85	100	135
220	50	70	90	105	145
242	55	70	90	110	150
275	55	75	95	110	155
319	60	80	95	115	160
320+	60	80	100	120	165

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 press, if you do not completely extend the elbows, bend the knees, or lay back with the shoulders behind the hip, 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.

Women

Body Weight	Untrained	Novice	Intermediate	Advanced	Elite
97	30	40	50	65	85
105	35	45	55	70	90
114	35	50	60	75	100
123	40	50	60	80	105
132	40	55	65	85	110
148	45	60	70	95	120
165	50	65	75	105	135
181	50	70	80	110	140
198	55	75	85	115	150
199+	60	80	95	125	160

Over 40 years old

97	25	35	45	55	75
105	30	40	50	60	80
114	30	45	55	65	85
123	35	45	55	70	90
132	35	50	60	75	95
148	40	55	60	85	105
165	45	55	65	90	120
181	45	60	70	95	125
198	50	65	75	100	130
199+	55	70	85	110	140

Over 50 years old

97	20	30	40	50	65
105	25	35	40	55	70
114	25	40	45	55	75
123	30	40	45	60	80
132	30	45	50	65	85
148	35	45	55	75	90
165	40	50	60	80	105
181	40	55	60	85	110
198	45	60	65	90	115
199+	45	65	75	95	125

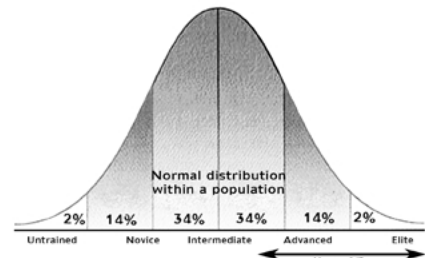
Over 60 years old

97	15	25	30	35	50
105	20	25	30	40	55
114	20	30	35	45	60
123	25	30	35	45	60
132	25	30	35	50	65
148	25	35	40	55	70
165	30	35	45	60	85
181	30	40	45	65	80
198	30	45	50	65	85
199+	35	45	55	70	90

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.