

# Back Squat Strength Standards



## Men

| Body Weight              | Untrained | Novice | Intermediate | Advanced | Elite |
|--------------------------|-----------|--------|--------------|----------|-------|
| 114                      | 80        | 145    | 175          | 240      | 320   |
| 123                      | 85        | 155    | 190          | 260      | 345   |
| 132                      | 90        | 170    | 205          | 280      | 370   |
| 148                      | 100       | 190    | 230          | 315      | 410   |
| 165                      | 110       | 205    | 250          | 340      | 445   |
| 181                      | 120       | 220    | 270          | 370      | 480   |
| 198                      | 125       | 230    | 285          | 390      | 505   |
| 220                      | 130       | 245    | 300          | 410      | 530   |
| 242                      | 135       | 255    | 310          | 425      | 550   |
| 275                      | 140       | 260    | 320          | 435      | 570   |
| 319                      | 145       | 270    | 325          | 445      | 580   |
| 320+                     | 150       | 275    | 330          | 455      | 595   |
| <b>Over 40 years old</b> |           |        |              |          |       |
| 114                      | 70        | 125    | 150          | 205      | 275   |
| 123                      | 75        | 135    | 165          | 225      | 300   |
| 132                      | 80        | 145    | 175          | 240      | 320   |
| 148                      | 85        | 165    | 200          | 270      | 355   |
| 165                      | 95        | 175    | 215          | 290      | 385   |
| 181                      | 100       | 190    | 230          | 320      | 415   |
| 198                      | 105       | 200    | 245          | 335      | 435   |
| 220                      | 110       | 210    | 260          | 355      | 455   |
| 242                      | 115       | 220    | 265          | 365      | 475   |
| 275                      | 120       | 225    | 275          | 375      | 490   |
| 319                      | 125       | 230    | 280          | 385      | 500   |
| 320+                     | 130       | 240    | 285          | 390      | 510   |
| <b>Over 50 years old</b> |           |        |              |          |       |
| 114                      | 60        | 110    | 135          | 180      | 245   |
| 123                      | 65        | 120    | 145          | 200      | 260   |
| 132                      | 70        | 130    | 155          | 215      | 280   |
| 148                      | 75        | 145    | 175          | 240      | 310   |
| 165                      | 85        | 155    | 190          | 260      | 340   |
| 181                      | 90        | 165    | 205          | 280      | 365   |
| 198                      | 95        | 175    | 215          | 295      | 385   |
| 220                      | 100       | 185    | 230          | 310      | 405   |
| 242                      | 105       | 195    | 235          | 325      | 420   |
| 275                      | 110       | 200    | 240          | 330      | 435   |
| 319                      | 115       | 205    | 245          | 340      | 440   |
| 320+                     | 120       | 210    | 250          | 345      | 450   |
| <b>Over 60 years old</b> |           |        |              |          |       |
| 114                      | 45        | 85     | 100          | 135      | 180   |
| 123                      | 50        | 90     | 105          | 150      | 195   |
| 132                      | 50        | 95     | 115          | 160      | 210   |
| 148                      | 55        | 105    | 130          | 175      | 230   |
| 165                      | 60        | 115    | 145          | 195      | 250   |
| 181                      | 65        | 120    | 155          | 210      | 270   |
| 198                      | 70        | 130    | 160          | 220      | 285   |
| 220                      | 75        | 140    | 165          | 230      | 300   |
| 242                      | 80        | 145    | 175          | 240      | 310   |
| 275                      | 80        | 150    | 180          | 245      | 320   |
| 319                      | 85        | 155    | 185          | 250      | 325   |
| 320+                     | 85        | 155    | 190          | 255      | 335   |

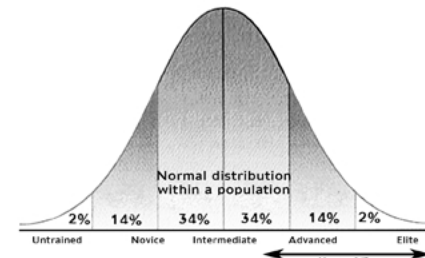
## Women

| Body Weight              | Untrained | Novice | Intermediate | Advanced | Elite |
|--------------------------|-----------|--------|--------------|----------|-------|
| 97                       | 45        | 85     | 100          | 130      | 165   |
| 105                      | 50        | 90     | 105          | 140      | 175   |
| 114                      | 55        | 100    | 115          | 150      | 190   |
| 123                      | 55        | 105    | 120          | 160      | 200   |
| 132                      | 60        | 110    | 130          | 170      | 210   |
| 148                      | 65        | 120    | 140          | 185      | 230   |
| 165                      | 70        | 130    | 150          | 200      | 255   |
| 181                      | 75        | 140    | 165          | 215      | 270   |
| 198                      | 80        | 150    | 175          | 230      | 290   |
| 199+                     | 85        | 160    | 185          | 240      | 305   |
| <b>Over 40 years old</b> |           |        |              |          |       |
| 97                       | 40        | 75     | 85           | 110      | 140   |
| 105                      | 45        | 80     | 90           | 120      | 150   |
| 114                      | 45        | 85     | 100          | 130      | 165   |
| 123                      | 50        | 90     | 105          | 140      | 170   |
| 132                      | 50        | 95     | 110          | 145      | 180   |
| 148                      | 55        | 105    | 120          | 160      | 200   |
| 165                      | 60        | 110    | 130          | 170      | 220   |
| 181                      | 65        | 120    | 140          | 185      | 230   |
| 198                      | 70        | 130    | 150          | 200      | 250   |
| 199+                     | 75        | 140    | 160          | 205      | 260   |
| <b>Over 50 years old</b> |           |        |              |          |       |
| 97                       | 35        | 65     | 75           | 100      | 125   |
| 105                      | 40        | 70     | 80           | 105      | 135   |
| 114                      | 40        | 75     | 85           | 115      | 145   |
| 123                      | 45        | 80     | 90           | 120      | 150   |
| 132                      | 45        | 85     | 100          | 130      | 160   |
| 148                      | 50        | 90     | 105          | 140      | 175   |
| 165                      | 55        | 100    | 115          | 150      | 195   |
| 181                      | 55        | 105    | 125          | 165      | 205   |
| 198                      | 60        | 115    | 135          | 175      | 220   |
| 199+                     | 65        | 120    | 140          | 180      | 230   |
| <b>Over 60 years old</b> |           |        |              |          |       |
| 97                       | 30        | 50     | 55           | 75       | 100   |
| 105                      | 30        | 50     | 60           | 80       | 105   |
| 114                      | 35        | 55     | 65           | 85       | 115   |
| 123                      | 35        | 60     | 70           | 90       | 125   |
| 132                      | 35        | 65     | 75           | 95       | 135   |
| 148                      | 40        | 70     | 80           | 105      | 150   |
| 165                      | 40        | 75     | 85           | 110      | 165   |
| 181                      | 45        | 80     | 95           | 115      | 180   |
| 198                      | 45        | 85     | 100          | 125      | 195   |
| 199+                     | 50        | 90     | 105          | 130      | 200   |

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.

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 squat, if you do not go below parallel, 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.