



2023 STRENGTH STANDARDS

Snatch – Clean & Jerk – Back Squat – Bench Press – Deadlift – Press
(Review draft for the book *Barbell Sports*)

The following tables present lifting performances expected of individuals at the various levels of training progression and biological adaptation. These are not “norms” which are reflections of what the average human is currently doing (remember that nearly 75% of all humans do not meet the low recommended public health guidelines for being physically active, and that only about one in ten persons exercise enough to gain fitness). These are “standards” which are reasonable expectations of human performance capability at each level of training progression, from simply being physically active (my definition below) up to elite performance. These tables have been constructed from existing scientific data (objective sources), published results of drug-tested classic/raw performance (objective sources), and half a century of observation and experience (subjective). They are presented categorized by sex (male and female), age (15 to 89), and bodyweight.

Physically Active – A person who exercises or plays a sport(s) at least three times a week for more than 45 continuous minutes each session. No goal or programming of exercise need be apparent. Activities done during work hours and household chores are not relevant to this definition (neither are accumulated steps, i.e. step counting).

Beginner – A person who has begun weight training at least three times per week, has learned basic lifting mechanics, and is following a defined program to achieve a defined strength goal for at least four weeks. This group of trainees are able to adapt to small to moderate increases in intensity (more weight) or volume (repetitions and sets) in every training session.

Intermediate – A person who has continued to train with weights according to a program intending to achieve a defined strength goal for at least six to eighteen months. This group can no longer adapt to daily increases in loading (intensity or volume) but do adapt to small weekly increases in intensity or volume.

Advanced – A person who has continued to train with weights according to a program intending to achieve a defined strength goal for at least eighteen to twenty four months. This group can no longer adapt to weekly increases in loading (intensity or volume) but do adapt to small multi-week or monthly increases in intensity or volume.

Elite – A person who has continued to train with weights according to a program intending to achieve a defined strength goal (generally a specific competitive goal) for more than two years. This group can no longer adapt to monthly increases in loading (intensity or volume) but do adapt to small multi-month, annual, or longer increases in intensity or volume.

About stages of progression (beginner, intermediate, advanced, and elite) and their duration:

Given the variability of human anatomy and physiology, and the inconsistent application of appropriate training programs by trainees and coaches, some individuals will take longer than others to progress to

the next stage. The appropriate program design is governed by adaptive capacity, not the lifting ability of the individual. Progression to the next stage should only occur when the trainee can no longer adapt to the frequency of increased load associated with their current stage of progression. Also, at that stalling progression point, the program followed must change to reflect the new frequency of loading increase.

About the performance standards:

While these standards are intended to be linked to the stages of progression, physically active up to elite, there are genetically gifted individuals who may physically outperform their programmatic level (lift more than expected). For example, a beginner may lift weights that are associated with the intermediate or advanced level. If this is the case, it is important to continue the beginner's program for as long as they are adapting to small increases in every session and then transition to the next level when the adaptation rate slows, or preferably, stops. Conversely, there are some individuals that are genetically challenged (not a bad thing) and will produce lower or slower than expected results from their stage of progression. Super-responders and Low-responders to training programs and deviations from expected performance and progression rates represent the opposing tail ends of a Bell Curve, but the majority of trainees will fall towards the center of the curve (the tables).

It is tempting to compare the “elite” standards to extant world records and think the weights indicated are too low. This is not the case. World records are set by a single individual and only a very few, a dozen or so, of the eight billion humans on earth can come close to lifting those weights (and do so according to competition rule). While world records are great indicators of human potential, and were considered in creating these tables, they do not represent the expected level of achievement for the vast majority of humans who train and reach their fullest potential. If you reach the elite standards presented here, revel in the knowledge that you are among the strongest people on the face of the earth, or at least in your nation, for your bodyweight, age, and sex.

Unique considerations for CrossFit Total competitors:

CrossFitters do not focus solely on developing strength, they develop comprehensive fitness; strength, endurance, and mobility. They also seek to develop a much larger inventory of movement skills. While competency in lifting is learned at the outset, just like in the proper barbell sports, technical efficiency (i.e., expertise) on any one exercise takes longer to develop. As such the duration of each stage of training progression can take much longer than that of someone whose only focus is getting stronger and lifting more weight in competition.

Even the highest ranking CrossFit athletes may not achieve the elite standards in the Back Squat, Press, and Deadlift presented here, they generally ride the cusp between the classifications:

Men

Back Squat – Intermediate to Advanced

Press – Advanced to Elite

Deadlift – Intermediate to Advanced

Women

Back Squat – Intermediate to Advanced

Press – Just under or well into Elite

Deadlift – Intermediate to Advanced

This is not a negative; a true CrossFit athlete intends to be a generalist, good at about everything, not a specialist, great at one thing. The CrossFit Total is a test to simply see if the individual athlete is strong and the CrossFit methodology of training is working.

However, the most major consideration of CrossFit Total competition is that when used as part of the CrossFit Games system, there are no weight classes. This means that the 132 pound (60 kg) competitor can be going head-to-head against a 198 pound (90 kg) competitor for example. That means if the larger athlete, with more lean mass, is lifting weights that are in the Advanced stratification, the smaller athlete will need to lift well into the Elite category to keep pace. While superficially this does not seem fair, a CrossFit Games event, or similarly constructed event, will test all elements of fitness and thus the smaller individual may have an advantage in another test. A good event designer will ensure this happens so everyone is tested equitably.

A handwritten signature in black ink, appearing to read 'Lon Kilgore', with a stylized, cursive script.

Personal Note: If you are in your seventies, eighties, and nineties and are still getting after it in the gym and on the platform, regardless of any standard, you are an “elite” in my book.



Snatch

SNATCH STANDARDS IN KILOGRAMS - MALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
57	31	43	55	68	88
68	37	52	67	82	106
79	40	56	72	88	113
91	41	57	74	90	117
102	44	62	79	97	125
113	45	63	80	98	127
136	45	63	81	100	129
Age 20-29					
57	34	48	61	75	97
68	38	53	68	83	108
79	41	58	74	91	118
91	44	62	79	97	125
102	45	63	81	99	128
113	47	66	85	104	134
136	49	69	89	108	140
Age 30-39					
57	25	35	48	66	91
68	29	40	56	77	106
79	33	45	62	86	119
91	35	49	67	93	128
102	37	51	70	97	133
113	37	52	71	98	135
136	39	54	75	103	142
Age 40-49					
57	24	34	43	53	68
68	30	42	54	66	86
79	32	45	58	71	91
91	33	47	60	73	95
102	34	47	60	74	95
113	34	47	61	75	97
136	41	57	74	90	116

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
57	23	32	41	50	64
68	25	35	46	56	72
79	27	38	49	59	77
91	30	42	54	66	85
102	32	45	58	71	92
113	33	46	59	72	93
136	33	46	59	73	94
Age 60-69					
57	19	26	34	41	53
68	23	32	41	51	65
79	24	33	43	52	67
91	25	36	46	56	72
102	27	38	48	59	77
113	28	39	50	61	78
136	29	40	51	62	79
Age 70-79					
57	16	22	29	35	46
68	18	25	32	39	50
79	19	27	34	42	54
91	21	30	38	47	61
102	23	32	41	49	62
113	24	33	42	51	65
136	25	35	45	52	66
Age 80-89					
57	12	17	22	27	34
68	14	19	23	29	37
79	15	20	25	31	40
91	16	21	28	33	42
102	17	22	27	35	43
113	18	23	28	36	44
136	19	24	29	37	45

SNATCH STANDARDS IN POUNDS - MALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
125	68	95	122	149	193
150	82	115	147	180	233
175	88	123	158	193	250
200	90	127	163	199	258
225	97	136	175	213	276
250	99	138	177	217	281
300	100	140	180	219	284
Age 20-29					
125	75	105	135	165	214
150	83	117	150	183	237
175	91	128	164	200	260
200	97	136	174	213	276
225	99	139	179	218	283
250	104	146	187	229	296
300	109	152	195	239	309
Age 30-39					
125	55	76	105	145	200
150	65	89	123	170	234
175	72	100	138	190	262
200	78	108	149	205	283
225	81	112	155	213	294
250	82	114	157	216	298
300	87	120	165	227	314
Age 40-49					
125	53	74	95	116	151
150	67	93	120	146	190
175	71	99	127	156	202
200	73	103	132	162	209
225	74	103	133	162	210
250	75	105	134	164	213
300	90	126	162	198	257

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
125	50	70	90	109	142
150	56	78	100	123	159
175	60	83	107	131	170
200	66	92	119	145	188
225	71	99	128	156	202
250	72	101	129	158	205
300	73	102	131	160	207
Age 60-69					
125	41	58	74	91	118
150	51	71	91	111	144
175	52	73	94	115	149
200	56	78	101	123	159
225	59	83	107	130	169
250	62	87	110	135	172
300	65	88	112	137	175
Age 70-79					
125	35	49	63	78	101
150	39	55	70	86	111
175	42	59	76	93	120
200	47	66	85	104	134
225	50	70	89	109	137
250	52	73	93	112	144
300	55	76	100	114	146
Age 80-89					
125	27	37	48	59	76
150	31	42	51	64	82
175	33	44	56	69	89
200	35	46	62	73	93
225	37	49	60	77	95
250	40	51	62	79	97
300	42	53	64	82	99

SNATCH STANDARDS IN KILOGRAMS - FEMALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
57	20	28	36	44	56
68	23	32	41	50	64
79	25	35	45	55	72
91	25	36	47	57	77
102	28	38	49	63	78
113	28	37	47	63	80
136	29	37	48	63	81
Age 20-29					
57	20	29	37	45	61
68	25	35	46	56	76
79	26	37	47	58	82
91	27	38	49	60	86
102	29	41	52	64	91
113	29	41	53	65	93
136	37	51	66	81	111
Age 30-39					
57	19	26	34	41	61
68	23	32	41	50	75
79	24	33	43	52	80
91	26	36	46	56	86
102	26	37	48	58	89
113	27	38	49	60	92
136	33	46	59	73	105
Age 40-49					
57	18	25	32	39	54
68	19	27	34	42	60
79	20	28	36	44	63
91	20	28	36	45	66
102	20	29	37	45	68
113	21	29	37	46	70
136	21	29	38	46	73

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
46	15	21	27	34	44
54	15	22	28	34	46
60	16	22	28	34	48
67	16	22	29	35	50
75	16	23	29	36	52
82	17	23	30	37	54
93	17	24	31	38	56
Age 60-69					
46	11	15	20	24	33
54	11	16	20	25	36
60	12	16	21	25	37
67	12	16	21	26	39
75	12	17	22	26	40
82	12	17	22	27	42
93	13	18	23	28	44
Age 70-79					
46	10	14	18	22	30
54	11	15	19	23	33
60	11	15	20	24	35
67	11	16	20	25	36
75	12	16	21	25	38
82	12	16	21	26	39
93	12	17	22	26	40
Age 80-89					
46	7	10	13	15	20
54	7	10	13	15	21
60	7	10	13	15	22
67	7	10	13	15	23
75	7	10	13	16	24
82	7	10	13	16	25
93	7	10	13	16	26

SNATCH STANDARDS IN POUNDS - FEMALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
125	44	61	79	96	124
150	50	71	91	111	142
175	55	77	99	121	159
200	55	80	103	126	170
225	62	83	108	138	172
250	62	81	104	139	177
300	63	82	105	140	178
Age 20-29					
125	45	63	81	99	134
150	56	78	100	123	168
175	58	81	104	127	181
200	60	84	108	132	190
225	64	90	115	141	200
250	65	91	116	142	205
300	81	113	146	178	244
Age 30-39					
125	41	58	74	91	135
150	50	69	89	109	165
175	53	74	95	116	176
200	56	79	101	124	189
225	58	82	105	128	197
250	60	84	108	132	203
300	73	102	131	160	231
Age 40-49					
125	39	55	71	86	120
150	42	59	76	93	132
175	44	61	79	96	140
200	45	63	80	98	145
225	45	63	81	99	150
250	46	64	82	101	155
300	46	65	83	102	161

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
125	34	47	61	74	96
150	34	48	61	75	102
175	35	48	62	76	106
200	35	50	64	78	111
225	36	50	64	79	114
250	37	52	66	81	119
300	38	53	68	84	124
Age 60-69					
125	24	34	44	53	73
150	25	35	45	55	79
175	25	35	46	56	83
200	26	36	47	57	86
225	26	37	48	58	89
250	27	38	49	59	93
300	28	39	50	61	96
Age 70-79					
125	22	31	40	49	66
150	23	32	42	51	72
175	24	34	44	53	77
200	25	35	45	55	80
225	25	35	46	56	83
250	26	36	47	57	86
300	26	37	48	58	88
Age 80-89					
125	15	22	28	34	44
150	15	22	28	34	46
175	15	22	28	34	49
200	15	22	28	34	51
225	16	22	29	35	53
250	16	22	29	35	55
300	16	22	29	35	57



Clean & Jerk

CLEAN & JERK STANDARDS IN KILOGRAMS - MALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
57	39	65	81	90	100
68	45	75	94	104	116
79	49	82	103	114	127
91	55	92	115	128	142
102	57	95	118	132	146
113	57	95	119	132	147
136	58	96	120	133	148
Age 20-29					
57	48	80	100	111	123
68	57	94	118	131	146
79	62	103	128	143	158
91	65	108	135	150	167
102	66	110	137	152	169
113	68	113	142	157	175
136	73	121	151	168	187
Age 30-39					
57	50	83	103	115	128
68	57	95	119	133	147
79	63	105	131	145	161
91	67	112	141	156	174
102	69	116	144	160	178
113	71	119	149	165	184
136	76	127	159	177	197
Age 40-49					
57	36	60	75	83	92
68	43	72	90	100	112
79	48	80	100	111	124
91	52	86	108	120	133
102	54	90	112	124	138
113	56	94	118	131	145
136	57	94	118	131	146

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
57	33	55	69	77	85
68	39	65	81	90	100
79	44	73	91	101	112
91	47	79	99	110	122
102	51	84	105	117	130
113	51	85	106	118	131
136	53	88	109	122	135
Age 60-69					
57	27	46	57	63	71
68	32	54	67	75	83
79	37	62	78	87	96
91	40	67	84	93	104
102	42	69	87	96	107
113	42	70	88	97	108
136	43	71	89	98	109
Age 70-79					
57	22	37	46	52	57
68	26	43	54	60	66
79	30	50	62	69	77
91	31	52	65	72	80
102	31	52	65	73	81
113	32	53	67	74	82
136	34	56	70	78	86
Age 80-89					
57	15	25	31	35	38
68	18	29	37	41	45
79	20	33	41	45	50
91	20	33	42	46	51
102	20	34	42	47	52
113	21	34	43	48	53
136	21	35	44	49	54

CLEAN & JERK STANDARDS IN POUNDS - MALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
125	85	142	178	198	220
150	99	166	207	230	256
175	109	182	227	252	280
200	122	203	253	281	313
225	125	209	261	290	322
250	126	210	262	292	324
300	127	211	264	294	326
Age 20-29					
125	106	176	220	245	272
150	125	208	260	289	321
175	136	226	283	314	349
200	143	239	298	332	368
225	145	242	303	336	374
250	150	250	312	347	386
300	160	267	334	371	412
Age 30-39					
125	109	182	228	253	281
150	126	210	263	292	325
175	138	230	288	320	356
200	149	248	310	344	383
225	153	255	318	354	393
250	157	262	328	364	405
300	169	281	351	390	434
Age 40-49					
125	79	132	165	183	204
150	96	159	199	221	246
175	106	176	221	245	272
200	114	190	237	264	293
225	118	197	247	274	305
250	124	207	259	288	320
300	125	208	260	289	321

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
125	73	122	153	170	188
150	85	142	178	198	220
175	96	161	201	223	248
200	104	174	218	242	269
225	112	186	232	258	287
250	112	187	234	260	289
300	116	193	241	268	298
Age 60-69					
125	60	101	126	140	156
150	71	118	148	164	183
175	83	138	172	191	212
200	89	148	185	206	229
225	92	153	191	212	236
250	93	155	193	215	238
300	94	156	195	217	241
Age 70-79					
125	49	82	102	114	126
150	57	95	118	132	146
175	66	109	137	152	169
200	69	115	143	159	177
225	69	116	144	160	178
250	71	118	147	164	182
300	74	123	154	171	190
Age 80-89					
125	33	55	69	76	85
150	39	65	81	90	100
175	43	72	90	100	111
200	44	73	92	102	113
225	45	75	94	104	116
250	45	76	95	105	117
300	46	77	96	107	119

CLEAN & JERK STANDARDS IN KILOGRAMS - FEMALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
57	9	13	17	20	47
68	11	16	21	25	59
79	14	19	24	30	67
91	15	21	28	34	73
102	16	22	28	35	76
113	17	24	30	37	80
136	17	24	30	37	81
Age 20-29					
57	27	37	48	59	78
68	30	42	55	67	92
79	33	47	60	73	103
91	34	48	62	76	107
102	35	50	64	78	111
113	37	52	67	82	117
136	47	65	84	102	138
Age 30-39					
57	24	33	43	52	76
68	29	40	52	63	94
79	31	43	55	68	101
91	33	46	59	72	107
102	34	47	61	75	112
113	34	48	62	76	115
136	40	56	72	88	128
Age 40-49					
57	24	34	53	39	71
68	24	33	52	42	74
79	25	35	55	44	79
91	25	36	56	45	81
102	26	37	57	45	83
113	26	38	58	46	85
136	26	38	59	46	86

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
46	20	26	34	42	57
54	20	27	35	43	58
60	20	28	36	44	59
67	20	28	36	44	62
75	21	29	37	47	64
82	22	30	38	49	68
93	23	31	39	50	69
Age 60-69					
46	14	19	25	30	41
54	15	20	26	33	47
60	16	21	27	34	48
67	16	21	27	34	48
75	17	22	28	35	49
82	17	22	28	35	49
93	18	24	30	37	51
Age 70-79					
46	8	13	17	20	32
54	8	13	17	20	33
60	8	13	17	20	34
67	9	14	17	20	34
75	9	15	18	21	36
82	9	15	18	21	37
93	10	16	19	22	39
Age 80-89					
46	7	10	13	15	25
54	7	10	13	15	25
60	7	10	13	15	25
67	7	10	13	16	26
75	8	11	14	17	26
82	8	11	14	17	26
93	8	11	14	17	26

CLEAN & JERK STANDARDS IN POUNDS - FEMALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
125	20	28	37	45	104
150	25	35	45	55	130
175	30	42	54	66	147
200	34	47	61	74	160
225	35	49	63	76	168
250	37	52	67	81	176
300	37	52	67	82	179
Age 20-29					
125	59	82	106	129	171
150	67	94	120	147	203
175	74	103	132	162	228
200	76	106	136	167	237
225	78	109	141	172	245
250	83	116	149	182	257
300	103	144	185	226	305
Age 30-39					
125	52	73	94	115	168
150	63	89	114	140	207
175	68	95	122	149	223
200	72	101	130	158	237
225	75	105	135	164	248
250	76	106	136	167	253
300	88	123	159	194	281
Age 40-49					
125	53	74	117	86	156
150	52	73	114	93	162
175	55	77	121	96	174
200	55	79	123	98	179
225	57	81	125	99	182
250	58	83	127	101	187
300	57	85	131	102	189

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
125	44	57	75	93	125
150	43	60	77	95	128
175	44	62	79	97	131
200	44	62	80	98	138
225	46	64	82	104	141
250	49	66	84	108	150
300	51	68	86	110	152
Age 60-69					
125	30	43	55	67	91
150	34	44	57	74	103
175	35	46	60	75	106
200	35	46	60	75	106
225	37	49	62	77	108
250	37	49	62	77	109
300	40	53	66	82	111
Age 70-79					
125	18	29	37	44	71
150	18	28	36	44	72
175	18	29	37	44	76
200	19	31	37	44	76
225	20	33	40	46	79
250	19	33	40	46	81
300	21	35	42	49	86
Age 80-89					
125	15	22	28	34	56
150	15	22	28	34	56
175	15	22	28	34	56
200	16	22	29	35	57
225	17	23	30	36	58
250	17	23	30	36	58
300	17	23	30	36	58



Back Squat

BACKS SQUAT STANDARDS IN KILOGRAMS - MALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
57	34	59	78	107	136
68	38	65	87	120	158
79	46	80	106	146	192
91	49	85	113	155	205
102	52	89	118	162	209
113	53	90	120	165	213
136	56	97	129	177	219
Age 20-29					
57	38	65	87	120	153
68	46	78	104	143	189
79	51	87	116	160	210
91	57	98	130	179	236
102	57	98	131	180	232
113	70	120	160	220	285
136	72	123	164	226	282
Age 30-39					
57	40	68	91	125	159
68	48	82	110	151	199
79	53	91	122	167	220
91	58	99	132	181	238
102	62	106	142	195	252
113	66	113	150	206	267
136	74	127	169	232	291
Age 40-49					
57	38	65	86	118	142
68	43	73	98	134	161
79	46	79	105	144	173
91	54	92	123	169	203
102	56	97	129	177	213
113	61	104	139	191	229
136	66	113	150	206	248

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
57	32	55	73	100	132
68	37	64	85	117	154
79	42	71	95	131	172
91	46	80	106	146	192
102	50	86	114	157	207
113	53	90	120	165	218
136	54	93	124	171	225
Age 60-69					
57	23	40	53	73	96
68	33	57	76	105	138
79	40	68	91	125	165
91	43	74	98	135	178
102	47	80	107	147	194
113	48	83	110	151	199
136	50	86	115	158	208
Age 70-79					
57	22	38	51	70	92
68	30	51	68	94	123
79	33	56	75	103	136
91	34	59	78	107	141
102	35	59	79	109	143
113	35	60	80	110	145
136	36	62	82	113	149
Age 80-89					
57	18	30	40	55	73
68	24	40	54	74	97
79	26	44	59	81	107
91	27	46	62	85	112
102	28	46	62	86	113
113	28	47	63	87	115
136	28	49	65	89	117

BACK SQUAT STANDARDS IN POUNDS - MALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
125	75	129	172	236	301
150	84	144	192	264	348
175	102	175	234	321	424
200	109	187	249	343	452
225	114	195	260	358	460
250	116	198	265	364	468
300	124	213	284	391	482
Age 20-29					
125	84	144	192	264	337
150	100	172	229	315	416
175	112	192	256	352	464
200	125	215	287	394	519
225	126	217	289	397	512
250	154	265	353	485	628
300	158	271	362	497	622
Age 30-39					
125	87	150	200	275	351
150	106	181	242	332	438
175	117	201	268	369	486
200	127	218	290	399	526
225	137	235	313	430	556
250	145	248	331	455	588
300	163	279	373	512	642
Age 40-49					
125	83	142	190	261	313
150	94	161	215	296	355
175	101	174	231	318	382
200	119	203	271	373	447
225	124	213	284	391	469
250	134	230	306	421	506
300	145	248	331	455	546

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
125	70	121	161	221	292
150	82	141	187	258	340
175	92	157	209	288	380
200	102	175	234	321	424
225	110	188	251	346	456
250	116	198	265	364	480
300	120	205	273	376	495
Age 60-69					
125	51	88	117	161	212
150	74	126	168	232	305
175	88	150	201	276	364
200	95	162	216	297	392
225	103	177	236	324	428
250	106	182	243	333	440
300	111	190	254	349	460
Age 70-79					
125	49	84	112	155	204
150	66	112	150	206	272
175	72	124	165	227	300
200	75	129	172	236	312
225	77	129	174	240	315
250	77	132	176	243	320
300	79	136	181	249	328
Age 80-89					
125	39	67	89	122	161
150	52	89	118	163	215
175	57	98	131	180	237
200	59	102	136	187	246
225	61	102	138	190	249
250	61	104	139	192	253
300	62	107	143	196	259

BACK SQUAT STANDARDS IN KILOGRAMS - FEMALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
57	23	32	44	61	84
68	29	41	56	77	106
79	32	44	61	84	116
91	35	48	66	91	126
102	35	48	66	91	125
113	36	50	68	94	130
136	53	73	100	138	190
Age 20-29					
57	27	37	51	70	97
68	32	45	62	85	118
79	35	49	67	93	128
91	36	50	69	95	132
102	40	55	76	105	145
113	46	63	87	120	165
136	57	75	105	140	195
Age 30-39					
57	28	43	65	89	112
68	34	48	71	97	128
79	36	55	80	110	144
91	38	59	85	117	154
102	44	62	89	123	157
113	51	68	97	134	171
136	60	81	114	157	192
Age 40-49					
57	23	38	41	69	78
68	30	49	55	90	100
79	33	53	59	96	108
91	34	55	62	101	114
102	36	58	65	105	119
113	38	61	69	111	126
136	40	64	73	117	133

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
46	19	33	40	60	76
54	24	41	54	74	97
60	25	42	56	76	102
67	26	44	59	81	107
75	29	49	64	90	118
82	29	50	67	92	121
93	35	59	70	111	130
Age 60-69					
46	15	26	35	48	63
54	18	33	44	63	81
60	20	35	47	65	83
67	22	37	48	66	85
75	24	40	54	74	93
82	25	42	56	78	99
93	26	45	58	79	102
Age 70-79					
46	14	24	32	44	58
54	15	25	33	46	60
60	16	27	36	50	65
67	17	29	38	52	69
75	17	29	39	54	71
82	18	30	40	55	73
93	18	30	40	55	73
Age 80-89					
46	11	19	25	35	46
54	11	20	26	36	48
60	12	21	28	39	52
67	13	23	30	41	54
75	13	23	31	42	56
82	14	24	32	43	57
93	14	24	32	43	57

BACK SQUAT STANDARDS IN POUNDS - FEMALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
125	51	71	97	134	185
150	65	89	123	170	235
175	71	97	134	185	256
200	77	106	146	201	277
225	76	105	145	200	275
250	79	109	151	208	287
300	116	160	221	304	420
Age 20-29					
125	59	81	112	155	214
150	72	99	136	188	259
175	78	107	148	204	282
200	80	111	152	210	290
225	88	122	168	232	320
250	101	139	191	264	364
300	126	165	231	309	430
Age 30-39					
125	62	96	142	196	247
150	75	106	156	215	283
175	79	121	176	242	318
200	84	129	187	257	339
225	97	137	197	271	346
250	112	150	214	295	378
300	132	178	252	346	423
Age 40-49					
125	50	83	91	152	172
150	67	109	122	198	221
175	72	116	131	212	237
200	76	122	138	222	250
225	79	128	144	233	263
250	84	135	153	246	278
300	89	142	161	258	293

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
125	42	72	88	132	168
150	52	90	120	163	214
175	54	93	123	168	224
200	57	97	130	178	235
225	63	108	141	198	261
250	64	110	147	202	267
300	78	130	154	246	287
Age 60-69					
125	34	58	77	106	140
150	40	73	97	140	179
175	44	78	104	142	183
200	49	82	106	146	188
225	52	89	119	164	205
250	54	93	124	171	218
300	57	99	128	174	224
Age 70-79					
125	31	53	71	97	128
150	32	55	73	101	133
175	35	60	79	109	144
200	37	63	84	115	152
225	38	64	86	118	156
250	39	66	88	121	160
300	39	66	88	121	160
Age 80-89					
125	24	42	56	77	101
150	25	43	58	80	105
175	27	47	63	86	114
200	29	50	66	91	120
225	30	51	68	93	123
250	30	52	70	96	126
300	30	52	70	96	126



Bench Press

BENCH PRESS STANDARDS IN KILOGRAMS - MALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
57	34	47	61	74	85
68	42	59	75	92	107
79	43	60	77	94	110
91	51	71	91	111	132
102	53	74	95	116	134
113	53	74	96	117	137
136	53	74	95	116	138
Age 20-29					
57	36	51	65	80	92
68	50	70	90	110	130
79	50	70	90	110	150
91	52	73	93	114	161
102	55	77	99	121	170
113	59	82	106	129	181
136	61	85	109	133	182
Age 30-39					
57	39	55	71	87	114
68	53	75	96	117	155
79	54	75	97	119	156
91	59	83	107	131	173
102	61	84	108	135	176
113	63	85	110	139	177
136	67	94	121	148	195
Age 40-49					
57	37	52	66	81	105
68	41	57	73	89	116
79	48	67	86	105	135
91	54	75	97	118	143
102	56	78	100	122	154
113	58	81	104	127	164
136	62	87	111	136	166

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
57	29	41	53	65	74
68	40	56	72	88	104
79	43	60	77	94	111
91	49	68	88	107	129
102	53	74	95	116	140
113	54	75	97	118	143
136	54	76	98	120	145
Age 60-69					
57	25	35	45	55	68
68	32	45	57	70	88
79	36	50	64	78	99
91	47	66	84	103	131
102	48	67	87	106	134
113	49	68	88	107	136
136	49	69	89	109	138
Age 70-79					
57	23	32	41	50	60
68	29	40	52	63	78
79	33	46	59	72	89
91	34	48	62	76	94
102	36	51	65	80	99
113	44	61	79	96	121
136	48	67	86	105	131
Age 80-89					
57	16	22	28	34	41
68	20	28	36	44	54
79	22	31	40	49	61
91	24	33	43	52	65
102	25	35	45	55	69
113	30	42	54	66	83
136	33	46	59	72	91

BENCH PRESS STANDARDS IN POUNDS - MALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
125	74	104	134	164	186
150	92	129	166	203	236
175	94	132	170	207	242
200	112	156	201	246	290
225	116	162	208	255	295
250	117	164	211	258	301
300	116	162	208	255	304
Age 20-29					
125	80	112	144	176	202
150	110	154	198	243	287
175	110	154	198	243	331
200	114	160	206	252	354
225	121	170	218	267	375
250	130	181	233	285	400
300	134	187	241	294	401
Age 30-39					
125	87	121	156	191	251
150	117	164	211	258	341
175	119	166	214	261	345
200	129	184	236	289	381
225	134	184	238	297	388
250	139	188	242	307	390
300	148	207	266	325	429
Age 40-49					
125	81	114	146	179	232
150	90	125	161	197	255
175	105	147	188	230	298
200	118	166	213	261	316
225	123	172	221	270	338
250	127	177	228	279	361
300	136	191	246	300	367

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
125	65	91	117	142	163
150	88	123	159	194	229
175	94	131	169	206	245
200	107	150	193	236	284
225	116	162	208	255	308
250	118	166	213	261	316
300	120	168	216	264	320
Age 60-69					
125	55	77	99	121	150
150	70	98	126	155	194
175	79	110	141	173	217
200	103	145	186	227	288
225	106	149	191	233	296
250	107	150	193	236	300
300	109	152	196	239	304
Age 70-79					
125	50	69	89	109	133
150	63	89	114	139	172
175	72	100	129	158	195
200	76	106	136	167	207
225	80	112	144	176	219
250	96	135	174	212	266
300	105	147	188	230	290
Age 80-89					
125	34	48	62	75	91
150	44	61	79	96	119
175	49	69	89	109	135
200	52	73	94	115	143
225	55	77	99	121	151
250	67	93	120	146	184
300	72	101	130	159	200

BENCH PRESS STANDARDS IN KILOGRAMS - FEMALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
57	14	19	27	37	51
68	21	28	39	54	75
79	19	27	37	51	70
91	21	28	39	54	75
102	22	30	41	57	78
113	22	31	42	58	81
136	23	32	44	61	84
Age 20-29					
57	14	19	26	36	49
68	19	27	37	51	70
79	21	29	40	56	77
91	22	30	42	57	79
102	25	34	47	64	89
113	25	35	48	66	91
136	28	39	54	75	103
Age 30-39					
57	12	17	22	27	57
68	30	41	53	65	83
79	33	47	60	73	89
91	35	51	66	80	98
102	38	51	67	84	100
113	39	52	66	86	102
136	41	58	74	90	106
Age 40-49					
57	14	14	25	25	46
68	20	31	36	56	66
79	23	37	41	67	75
91	24	44	44	80	81
102	26	32	47	59	85
113	26	41	48	75	87
136	28	44	51	79	93

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
46	7	13	17	23	43
54	16	27	37	50	61
60	18	30	40	55	68
67	18	31	41	56	69
75	15	27	35	49	72
82	18	32	42	58	75
93	21	36	48	66	82
Age 60-69					
46	6	9	13	17	38
54	18	33	44	40	53
60	20	25	34	46	61
67	22	37	48	66	62
75	12	20	27	37	65
82	18	31	41	56	69
93	26	45	58	79	70
Age 70-79					
46	9	12	16	21	28
54	14	18	24	32	43
60	16	21	28	37	49
67	17	23	30	40	54
75	17	23	31	41	55
82	18	24	32	42	56
93	19	25	33	44	59
Age 80-89					
46	8	10	14	18	24
54	11	14	19	25	34
60	12	16	22	29	39
67	13	18	24	32	43
75	14	19	25	33	44
82	15	19	26	34	46
93	15	20	27	36	48

BENCH PRESS STANDARDS IN POUNDS - FEMALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
125	31	43	59	81	112
150	45	63	86	119	164
175	43	59	81	112	155
200	45	63	86	119	164
225	48	66	91	125	173
250	49	68	93	129	177
300	51	71	97	134	185
Age 20-29					
125	30	41	57	79	108
150	43	59	81	112	154
175	47	64	89	123	169
200	48	66	92	126	174
225	54	75	103	142	196
250	56	77	106	146	201
300	63	87	120	165	227
Age 30-39					
125	27	38	49	60	126
150	65	91	117	143	182
175	73	103	132	162	197
200	78	112	145	177	216
225	84	113	147	186	220
250	86	114	146	190	225
300	91	127	163	199	234
Age 40-49					
125	30	30	55	55	100
150	44	68	80	124	145
175	50	82	91	149	165
200	54	97	98	176	178
225	57	71	103	130	187
250	58	91	106	166	192
300	62	96	113	175	205

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
125	16	28	37	52	94
150	35	61	81	111	135
175	39	66	88	122	149
200	39	68	90	124	152
225	34	59	78	107	159
250	41	69	93	127	166
300	46	79	106	146	181
Age 60-69					
125	12	21	28	38	83
150	40	73	97	88	116
175	44	55	74	102	134
200	49	82	106	146	137
225	26	44	59	81	143
250	40	68	90	124	153
300	57	99	128	174	155
Age 70-79					
125	20	26	35	46	62
150	30	40	53	71	95
175	34	46	61	81	108
200	38	50	67	89	119
225	38	51	68	91	121
250	39	52	69	93	123
300	41	55	73	98	130
Age 80-89					
125	17	23	30	40	53
150	24	32	42	56	75
175	27	36	48	64	86
200	30	40	53	70	94
225	31	41	55	73	97
250	32	43	57	76	101
300	34	45	60	79	106



Deadlift

DEADLIFT STANDARDS IN KILOGRAMS - MALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
57	45	74	93	103	115
68	58	97	121	134	149
79	73	122	152	169	188
91	77	129	161	179	199
102	81	135	169	188	209
113	82	137	172	191	212
136	84	139	174	194	215
Age 20-29					
57	47	81	101	127	141
68	64	112	139	186	207
79	76	131	164	219	243
91	83	144	180	240	266
102	84	146	182	243	270
113	85	147	184	245	273
136	86	149	187	249	276
Age 30-39					
57	51	89	112	149	175
68	64	112	140	186	219
79	76	132	165	220	259
91	81	142	177	236	278
102	83	145	181	242	284
113	84	146	183	244	287
136	89	154	192	257	302
Age 40-49					
57	46	80	100	118	131
68	53	92	115	154	181
79	63	109	137	182	214
91	65	113	141	188	222
102	71	124	154	206	242
113	75	130	162	217	255
136	76	133	166	221	260

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
57	40	69	86	102	113
68	48	84	105	140	164
79	56	97	121	161	190
91	60	104	130	173	204
102	63	110	138	183	216
113	64	111	139	185	218
136	65	114	142	190	223
Age 60-69					
57	35	61	79	95	109
68	46	79	103	124	142
79	52	90	117	141	162
91	57	99	128	155	177
102	61	107	138	167	191
113	62	109	140	170	194
136	64	112	144	175	200
Age 70-79					
57	29	51	68	85	98
68	36	62	82	103	121
79	42	74	98	123	144
91	45	79	105	131	155
102	49	86	114	143	168
113	50	87	116	145	170
136	52	90	120	150	176
Age 80-89					
57	21	36	48	60	68
68	25	43	58	72	85
79	30	51	69	86	101
91	32	55	74	92	108
102	35	60	80	100	118
113	35	61	81	101	119
136	36	63	84	105	123

DEADLIFT STANDARDS IN POUNDS - MALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
125	98	164	204	227	252
150	128	213	266	296	328
175	161	268	335	372	414
200	171	284	355	395	439
225	179	298	373	414	460
250	182	303	379	421	467
300	185	308	384	427	475
Age 20-29					
125	103	179	223	279	310
150	141	246	307	410	455
175	167	290	362	483	536
200	182	317	396	528	587
225	185	321	402	536	595
250	187	325	406	541	601
300	189	329	411	548	609
Age 30-39					
125	113	197	246	328	386
150	142	246	308	410	483
175	167	291	363	484	570
200	180	312	390	520	612
225	184	320	399	533	627
250	185	322	403	537	632
300	195	339	424	566	665
Age 40-49					
125	101	176	220	259	288
150	117	203	254	339	398
175	138	241	301	401	472
200	143	249	311	415	488
225	157	272	340	454	534
250	165	286	358	477	562
300	168	293	366	488	574

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
125	88	152	190	224	249
150	106	185	231	308	363
175	123	213	267	356	419
200	132	229	286	382	449
225	140	243	303	405	476
250	141	245	306	409	481
300	144	251	314	419	492
Age 60-69					
125	77	134	173	210	240
150	101	175	226	274	313
175	115	199	257	312	356
200	126	219	282	342	391
225	135	235	304	368	420
250	138	240	309	375	428
300	142	247	318	386	441
Age 70-79					
125	65	113	151	188	215
150	78	136	181	227	267
175	93	162	216	270	318
200	100	174	232	290	341
225	109	189	252	315	371
250	110	191	255	319	375
300	114	198	264	330	388
Age 80-89					
125	45	79	105	132	151
150	55	95	127	159	187
175	65	114	151	189	223
200	70	122	162	203	239
225	76	132	177	221	260
250	77	134	179	223	263
300	80	138	185	231	271

DEADLIFT STANDARDS IN KILOGRAMS - FEMALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
57	17	39	51	62	82
68	22	51	65	80	102
79	24	56	72	88	108
91	25	59	75	92	113
102	26	61	79	99	118
113	27	62	80	103	123
136	30	69	89	109	129
Age 20-29					
57	25	58	74	91	120
68	30	70	90	110	140
79	33	77	99	121	150
91	34	79	101	124	154
102	35	82	107	133	162
113	35	82	106	134	164
136	36	84	108	132	159
Age 30-39					
57	30	70	90	110	145
68	32	74	96	117	149
79	35	81	104	127	157
91	36	83	107	131	162
102	39	91	118	147	179
113	40	93	119	151	185
136	40	94	120	147	178
Age 40-49					
57	23	54	70	85	112
68	29	67	86	105	133
79	30	69	89	109	134
91	32	74	95	116	143
102	33	78	101	126	153
113	35	81	104	132	160
136	35	82	106	129	156

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
46	22	51	65	80	105
54	24	57	73	89	114
60	26	60	78	95	117
67	28	65	83	102	126
75	29	69	90	112	136
82	30	69	89	114	137
93	31	72	92	113	135
Age 60-69					
46	18	43	55	67	89
54	23	53	69	84	107
60	24	56	72	89	109
67	25	58	74	91	112
75	25	60	77	97	116
82	26	60	77	99	118
93	26	60	78	95	112
Age 70-79					
46	18	42	54	66	84
54	18	43	55	67	86
60	20	46	59	72	92
67	20	47	60	73	93
75	20	47	61	79	94
82	20	47	61	79	95
93	20	48	61	79	95
Age 80-89					
46	15	34	44	53	68
54	15	35	45	55	69
60	16	37	48	58	74
67	16	38	48	59	75
75	16	38	50	65	76
82	16	38	49	65	77
93	17	39	50	65	77

DEADLIFT STANDARDS IN POUNDS - FEMALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
125	37	87	112	136	180
150	48	112	144	176	224
175	53	123	159	194	238
200	55	129	166	203	250
225	56	133	173	217	260
250	59	137	176	226	272
300	65	152	196	239	285
Age 20-29					
125	55	127	164	200	264
150	66	154	198	243	309
175	73	170	218	267	331
200	74	174	223	273	338
225	77	182	235	293	357
250	78	181	233	296	360
300	79	185	238	291	351
Age 30-39					
125	66	154	198	243	320
150	70	164	211	258	328
175	76	177	228	279	346
200	79	183	236	288	358
225	85	201	260	323	395
250	88	204	263	332	407
300	88	206	265	324	393
Age 40-49					
125	51	120	154	188	248
150	63	147	188	230	293
175	65	152	196	239	296
200	69	162	208	255	315
225	73	172	223	278	337
250	76	177	228	290	353
300	78	181	233	285	343

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
125	48	112	144	176	232
150	54	125	161	197	251
175	57	133	171	209	257
200	61	143	184	224	277
225	64	153	198	247	299
250	65	152	196	250	303
300	68	158	203	249	297
Age 60-69					
125	41	95	122	149	196
150	50	118	151	185	235
175	53	124	160	195	240
200	55	127	164	200	246
225	55	131	171	214	256
250	56	131	169	217	260
300	57	133	171	209	246
Age 70-79					
125	40	93	119	146	185
150	41	95	122	149	189
175	43	101	130	159	202
200	44	103	132	161	205
225	44	103	135	174	207
250	45	104	134	175	208
300	45	105	135	174	210
Age 80-89					
125	32	75	96	118	150
150	33	77	98	120	153
175	35	82	105	129	164
200	36	83	107	131	166
225	36	84	110	143	168
250	36	84	108	144	169
300	36	85	109	142	170



Press

PRESS STANDARDS IN KILOGRAMS - MALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
57	18	26	33	41	53
68	22	31	40	49	64
79	24	34	44	54	70
91	28	39	50	61	80
102	29	40	51	63	83
113	29	41	53	65	85
136	31	43	56	69	90
Age 20-29					
57	23	32	42	51	67
68	28	39	51	62	82
79	31	43	55	68	89
91	35	49	63	78	102
102	36	50	65	80	105
113	37	52	67	82	108
136	39	55	70	87	114
Age 30-39					
57	25	35	45	55	72
68	30	42	54	67	88
79	33	46	59	73	96
91	38	53	68	84	109
102	39	54	70	86	112
113	40	56	72	89	116
136	42	59	76	93	122
Age 40-49					
57	21	30	38	47	62
68	26	36	47	58	75
79	28	40	51	63	82
91	32	45	58	72	94
102	33	47	60	74	97
113	34	48	62	76	100
136	36	51	65	80	105

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
57	18	26	33	41	53
68	22	31	40	50	65
79	24	34	44	54	71
91	28	39	50	62	81
102	29	40	51	63	83
113	30	41	53	65	86
136	31	44	56	69	90
Age 60-69					
57	17	24	31	38	50
68	21	29	38	46	61
79	23	32	41	51	66
91	26	36	47	58	76
102	27	38	48	60	78
113	28	39	50	61	80
136	29	41	53	65	85
Age 70-79					
57	15	20	26	32	42
68	18	25	32	39	51
79	19	27	35	43	56
91	22	31	40	49	64
102	23	32	41	50	66
113	24	33	42	52	68
136	25	35	44	55	72
Age 80-89					
57	10	14	18	22	29
68	12	17	22	27	36
79	13	19	24	30	39
91	15	21	27	34	44
102	16	22	28	35	46
113	16	23	29	36	47
136	17	24	31	38	50

PRESS STANDARDS IN POUNDS - MALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
125	41	56	73	89	117
150	49	68	88	109	142
175	54	75	96	119	155
200	61	85	110	135	177
225	65	88	113	139	182
250	63	90	116	144	188
300	69	95	123	151	198
Age 20-29					
125	51	71	92	113	148
150	62	87	111	137	180
175	68	95	122	150	196
200	78	108	139	171	224
225	80	111	143	176	231
250	82	114	147	182	238
300	87	121	155	192	251
Age 30-39					
125	55	77	99	122	159
150	67	93	120	148	193
175	73	102	131	161	211
200	83	116	149	184	241
225	86	119	154	189	248
250	88	123	158	195	256
300	93	130	167	206	270
Age 40-49					
125	47	66	85	105	137
150	57	80	103	127	166
175	63	87	112	139	181
200	72	100	128	158	207
225	74	103	132	163	213
250	76	106	136	168	220
300	80	112	144	177	232

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
125	41	57	73	90	118
150	49	69	89	109	143
175	54	75	97	119	156
200	62	86	110	136	178
225	63	88	114	140	183
250	65	91	117	144	189
300	69	96	123	152	199
Age 60-69					
125	38	53	68	84	110
150	46	65	83	102	134
175	51	70	91	112	146
200	58	80	103	128	167
225	59	83	106	131	172
250	61	85	110	135	177
300	65	90	116	143	187
Age 70-79					
125	32	45	58	71	94
150	39	55	70	87	113
175	43	60	77	95	124
200	49	68	88	108	141
225	50	70	90	111	145
250	52	72	93	115	150
300	55	76	98	121	158
Age 80-89					
125	22	31	40	49	65
150	27	38	49	60	78
175	30	41	53	65	86
200	34	47	60	75	98
225	35	48	62	77	100
250	36	50	64	79	103
300	38	53	68	83	109

PRESS STANDARDS IN KILOGRAMS - FEMALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
57	11	14	18	23	31
68	13	17	20	27	37
79	14	18	22	29	40
91	15	21	24	32	43
102	16	22	26	35	46
113	17	24	28	37	48
136	19	27	31	41	52
Age 20-29					
57	14	18	22	29	39
68	16	21	26	34	47
79	18	23	28	37	50
91	19	26	31	40	54
102	20	28	33	45	59
113	21	31	35	47	60
136	25	34	39	52	66
Age 30-39					
57	16	19	24	32	42
68	18	23	28	37	50
79	19	25	30	40	54
91	20	28	33	43	58
102	22	30	35	48	63
113	23	33	38	50	65
136	27	37	42	56	71
Age 40-49					
57	13	16	21	27	36
68	15	19	24	31	43
79	16	21	26	34	46
91	17	24	28	37	50
102	19	26	30	41	54
113	20	28	33	43	56
136	23	31	36	48	61

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
46	11	14	18	23	31
54	13	17	20	27	37
60	14	18	22	30	40
67	15	21	24	32	43
75	16	22	26	35	47
82	17	24	28	37	48
93	20	27	31	41	52
Age 60-69					
46	11	13	17	22	29
54	12	16	19	25	35
60	13	17	21	28	37
67	14	19	23	30	40
75	15	21	24	33	44
82	16	23	26	35	45
93	18	25	29	38	49
Age 70-79					
46	9	11	14	18	25
54	10	13	16	21	29
60	11	15	18	23	32
67	12	16	19	25	34
75	13	18	21	28	37
82	14	19	22	29	38
93	16	21	24	33	41
Age 80-89					
46	6	8	10	13	17
54	7	9	11	15	20
60	8	10	12	16	22
67	8	11	13	17	23
75	9	12	14	19	26
82	9	13	15	20	26
93	11	15	17	22	29

PRESS STANDARDS IN POUNDS - FEMALE

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 15-19					
125	25	31	39	51	68
150	28	36	45	59	81
175	31	41	49	65	88
200	32	45	53	70	94
225	36	49	57	78	102
250	37	53	62	81	105
300	43	59	67	90	114
Age 20-29					
125	32	39	49	65	86
150	36	46	56	75	103
175	39	51	62	82	111
200	41	57	68	88	119
225	45	62	72	98	129
250	47	68	78	103	133
300	54	75	85	114	145
Age 30-39					
125	34	42	53	69	93
150	39	50	61	80	110
175	42	55	66	88	119
200	44	62	73	95	128
225	49	66	77	106	139
250	51	73	84	110	143
300	58	80	91	122	155
Age 40-49					
125	29	36	45	60	80
150	33	43	52	69	95
175	36	47	57	76	102
200	38	53	62	81	110
225	42	57	66	91	119
250	44	62	72	95	123
300	50	69	79	105	134

Bodyweight	Physically Active	Beginner	Intermediate	Advanced	Elite
Age 50-59					
125	25	31	39	51	68
150	29	37	45	59	81
175	31	41	49	65	88
200	33	46	54	70	94
225	36	49	57	78	103
250	37	54	62	81	106
300	43	59	68	90	115
Age 60-69					
125	24	29	37	48	64
150	27	34	42	56	76
175	29	38	46	61	83
200	31	43	50	66	89
225	34	46	53	73	96
250	35	50	58	76	99
300	40	56	63	85	108
Age 70-79					
125	20	25	31	41	54
150	23	29	36	47	65
175	25	32	39	52	70
200	26	36	43	56	75
225	28	39	45	62	82
250	30	43	49	65	84
300	34	47	54	72	91
Age 80-89					
125	14	17	21	28	38
150	16	20	25	33	45
175	17	22	27	36	48
200	18	25	29	38	52
225	20	27	31	43	56
250	21	29	34	45	58
300	24	33	37	50	63