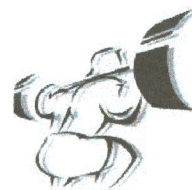




# MENS STANDARDS

## Strength & Power



| Body Type    | Up to 5'8"    | 5'9" to 5'11" | 6'0" to 6'2"  | 6'3" & up     |
|--------------|---------------|---------------|---------------|---------------|
| Light Build  | less than 130 | less than 140 | less than 155 | less than 169 |
| Medium Build | 130 to 179    | 140 to 199    | 155 to 219    | 170 to 239    |
| Heavy Build  | more than 180 | more than 200 | more than 220 | more than 240 |

### SQUAT

|              | 9th Grade |     |       | 10th Grade |     |       | 11th Grade |     |       | 12th Grade |     |       |
|--------------|-----------|-----|-------|------------|-----|-------|------------|-----|-------|------------|-----|-------|
|              | Light     | Med | Heavy | Light      | Med | Heavy | Light      | Med | Heavy | Light      | Med | Heavy |
| Good         | 200       | 225 | 250   | 220        | 240 | 265   | 240        | 260 | 280   | 260        | 280 | 300   |
| Great        | 250       | 275 | 300   | 275        | 295 | 315   | 300        | 315 | 330   | 325        | 335 | 350   |
| All-State    | 275       | 315 | 350   | 300        | 335 | 365   | 325        | 355 | 380   | 350        | 375 | 400   |
| All-American | 300       | 350 | 400   | 330        | 380 | 430   | 360        | 410 | 460   | 390        | 445 | 500   |

### BENCH

|              |     |     |     |     |     |     |     |     |     |     |     |     |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Good         | 125 | 155 | 185 | 135 | 165 | 190 | 150 | 175 | 195 | 160 | 180 | 200 |
| Great        | 150 | 185 | 220 | 160 | 195 | 230 | 175 | 210 | 240 | 195 | 225 | 250 |
| All-State    | 175 | 220 | 260 | 190 | 230 | 270 | 210 | 250 | 285 | 225 | 265 | 300 |
| All-American | 200 | 250 | 300 | 220 | 270 | 315 | 240 | 285 | 330 | 260 | 305 | 350 |

### CLEAN

|              |     |     |     |     |     |     |     |     |     |     |     |     |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Good         | 110 | 135 | 160 | 120 | 145 | 165 | 135 | 155 | 170 | 145 | 160 | 175 |
| Great        | 125 | 155 | 185 | 135 | 165 | 195 | 150 | 180 | 205 | 160 | 190 | 215 |
| All-State    | 150 | 175 | 205 | 165 | 195 | 220 | 180 | 210 | 235 | 195 | 225 | 250 |
| All-American | 160 | 200 | 240 | 175 | 215 | 260 | 195 | 240 | 280 | 215 | 260 | 300 |

### DEAD LIFT

|              |     |     |     |     |     |     |     |     |     |     |     |     |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Good         | 250 | 300 | 350 | 275 | 325 | 375 | 300 | 345 | 390 | 325 | 365 | 400 |
| Great        | 300 | 350 | 400 | 330 | 380 | 425 | 360 | 420 | 460 | 390 | 445 | 500 |
| All-State    | 325 | 390 | 450 | 355 | 415 | 475 | 390 | 440 | 490 | 420 | 485 | 550 |
| All-American | 350 | 415 | 480 | 385 | 445 | 500 | 420 | 470 | 520 | 455 | 530 | 600 |

### NOTES

- Beginning lifters should focus on technique not weight
- Athletes 6'3" to 6'6" tall should reduce lift requirements by 10%
- Athletes over 6'6" tall should reduce lift requirements by 20%
- This information is also available in a 22"x28" full color poster format