



# 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

	9th Grade			10th Grade			11th Grade			12th Grade		
	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy

### SQUAT

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