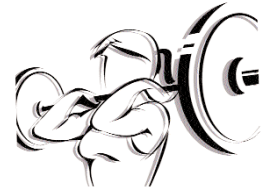




# WOMEN'S STANDARDS

## Strength & Power



| Body Type    | Up to 5'2"    | 5'3" to 5'5"  | 5'6" to 5'8"  | 5'9" & up     |
|--------------|---------------|---------------|---------------|---------------|
| Small Build  | less than 100 | less than 115 | less than 130 | less than 140 |
| Medium Build | 101 to 125    | 116 to 145    | 131 to 160    | 141 to 175    |
| Large Build  | more than 125 | more than 145 | more than 160 | more than 175 |

| 9th Grade |     |    | 10th Grade |     |    | 11th Grade |     |    | 12th Grade |     |    |
|-----------|-----|----|------------|-----|----|------------|-----|----|------------|-----|----|
| Sm        | Med | Lg | Sm         | Med | Lg | Sm         | Med | Lg | Sm         | Med | Lg |

### SQUAT

|              |     |     |     |     |     |     |     |     |     |     |     |     |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Good         | 55  | 65  | 75  | 65  | 75  | 85  | 75  | 85  | 95  | 85  | 95  | 105 |
| Great        | 95  | 115 | 135 | 115 | 135 | 155 | 135 | 155 | 175 | 155 | 175 | 195 |
| All-State    | 125 | 145 | 165 | 145 | 165 | 185 | 165 | 185 | 205 | 185 | 205 | 225 |
| All-American | 155 | 175 | 195 | 175 | 195 | 215 | 195 | 215 | 235 | 215 | 235 | 255 |
| Elite        | 180 | 200 | 220 | 210 | 235 | 260 | 240 | 265 | 290 | 270 | 295 | 325 |

### BENCH

|              |     |     |     |     |     |     |     |     |     |     |     |     |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Good         | 45  | 55  | 65  | 55  | 65  | 75  | 65  | 75  | 85  | 75  | 85  | 95  |
| Great        | 55  | 65  | 75  | 65  | 75  | 85  | 75  | 85  | 95  | 85  | 95  | 105 |
| All-State    | 70  | 80  | 90  | 80  | 90  | 100 | 90  | 100 | 110 | 100 | 110 | 120 |
| All-American | 85  | 100 | 115 | 100 | 115 | 130 | 115 | 130 | 145 | 115 | 130 | 145 |
| Elite        | 100 | 130 | 155 | 110 | 140 | 165 | 120 | 150 | 175 | 130 | 160 | 185 |

### CLEAN

|              |     |     |     |     |     |     |     |     |     |     |     |     |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Good         | 45  | 55  | 65  | 55  | 65  | 75  | 65  | 75  | 85  | 75  | 85  | 95  |
| Great        | 55  | 65  | 75  | 65  | 75  | 85  | 75  | 85  | 95  | 85  | 95  | 105 |
| All-State    | 70  | 80  | 90  | 80  | 90  | 100 | 90  | 100 | 110 | 100 | 110 | 120 |
| All-American | 85  | 100 | 115 | 100 | 115 | 130 | 115 | 130 | 145 | 115 | 130 | 145 |
| Elite        | 100 | 130 | 155 | 110 | 140 | 165 | 120 | 150 | 175 | 130 | 160 | 185 |

### DEAD LIFT

|              |     |     |     |     |     |     |     |     |     |     |     |     |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Good         | 95  | 105 | 115 | 105 | 115 | 125 | 115 | 125 | 135 | 125 | 135 | 145 |
| Great        | 120 | 130 | 140 | 130 | 140 | 150 | 140 | 150 | 160 | 150 | 160 | 170 |
| All-State    | 150 | 165 | 180 | 165 | 180 | 195 | 180 | 195 | 210 | 195 | 210 | 225 |
| All-American | 180 | 200 | 220 | 200 | 220 | 240 | 220 | 240 | 260 | 240 | 260 | 280 |
| Elite        | 220 | 250 | 280 | 250 | 280 | 310 | 280 | 310 | 340 | 310 | 340 | 370 |

### NOTES

- Beginning lifters should focus on technique not weight
- Athletes 5'9" to 6'1" tall should reduce lift requirements by 10%
- Athletes over 6'1" tall should reduce lift requirements by 20%
- This information is also available in a 22"x28" full color poster format