



STRENGTH & POWER STANDARDS



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 150	less than 175	less than 185
Medium Build	130 to 179	150 to 199	175 to 219	185 to 239
Heavy Build	180 +	200 +	220 +	240 +

**If w/in 5-10 lbs of next build, use those standards

CLEAN	9th Grade			10th Grade			11th Grade		
	<i>Light</i>	<i>Med</i>	<i>Heavy</i>	<i>Light</i>	<i>Med</i>	<i>Heavy</i>	<i>Light</i>	<i>Med</i>	<i>Heavy</i>
Beginner	110	155	160	165	180	195	195	210	225
Cub	125	175	185	190	200	235	220	230	265
Bobcat	150	200	205	225	245	265	255	275	295
Iron Bobcat	160	225	240	255	270	285	285	300	315

SQUAT	9th Grade			10th Grade			11th Grade		
	<i>Light</i>	<i>Med</i>	<i>Heavy</i>	<i>Light</i>	<i>Med</i>	<i>Heavy</i>	<i>Light</i>	<i>Med</i>	<i>Heavy</i>
Beginner	200	225	250	220	240	265	240	260	325
Cub	250	275	300	275	295	315	300	315	385
Bobcat	275	315	350	300	335	365	325	355	445
Iron Bobcat	300	350	400	330	380	430	360	410	500

BENCH	9th Grade			10th Grade			11th Grade		
	<i>Light</i>	<i>Med</i>	<i>Heavy</i>	<i>Light</i>	<i>Med</i>	<i>Heavy</i>	<i>Light</i>	<i>Med</i>	<i>Heavy</i>
Beginner	125	155	185	135	165	190	150	175	195
Cub	150	185	220	160	195	230	175	210	240
Bobcat	175	220	260	190	230	270	210	250	285
Iron Bobcat	200	250	300	220	270	315	240	285	330