

STRENGTH STANDARDS BY LEVEL

Varying sports and endeavors require different levels of strength. To simplify how strong you need to be we've placed sports and professions into categories. They are listed below.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
Triathlon Marathon Trail Running Cycling	BJJ Tennis Soccer Lacrosse Mountaineering Rock Climbing Backcountry Hunting OCR LEO Patrol	MMA Wrestling Firefighter SWAT LEO Military Infantry Recreational Crossfit Baseball Hockey	Military Special Operations Competitive Crossfit Atomic Athlete Strength Standards High School Football Baseball (College)	Hockey (College) Football (College) Regional Level Crossfit	Powerlifting Olympic Weightlifting Games Level Crossfit Strongman

To find your co-efficient take your 1 rep max and divide by your bodyweight.

MEN'S STANDARDS

EXERCISE	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5 / 6
BACK SQUAT	1.00 - 1.25	1.25 - 1.50	1.50 - 1.75	1.75 - 2.0	2.0 +
BENCH PRESS	1.00 - 1.10	1.10 - 1.20	1.20 - 1.30	1.30 - 1.40	1.50 +
FRONT SQUAT	0.90 - 1.05	1.05 - 1.20	1.20 - 1.35	1.35 - 1.50	1.50 +
MILITARY PRESS	0.60 - 0.70	0.70 - 0.80	0.80 - 0.90	0.90 - 1.00	1.00 +
DEADLIFT	1.25 - 1.50	1.50 - 1.75	1.75 - 2.00	2.00 - 2.25	2.25+
CLEAN	1.00 - 1.10	1.10 - 1.20	1.20 - 1.30	1.30 - 1.40	1.40 - 1.50

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WOMEN'S STANDARDS

EXERCISE	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5 / 6
BACK SQUAT	0.95 - 1.10	1.10 - 1.25	1.25 - 1.40	1.40 - 1.55	1.55 +
BENCH PRESS	0.55 - 0.65	0.65 - 0.75	0.75 - 0.85	0.85 - 0.95	0.95 +
FRONT SQUAT					
MILITARY PRESS					
DEADLIFT					
CLEAN					