

Back Squat Strength Standards – Age Adjusted

Men

Body Weight	Untrained	Novice	Intermediate	Advanced	Elite
114	80	145	175	240	320
123	85	155	190	260	345
132	90	170	205	280	370
148	100	190	230	315	410
165	110	205	250	340	445
181	120	220	270	370	480
198	125	230	285	390	505
220	130	245	300	410	530
242	135	255	310	425	550
275	140	260	320	435	570
319	145	270	325	445	580
320+	150	275	330	455	595
Over 40 years old					
114	70	125	150	205	275
123	75	135	165	225	300
132	80	145	175	240	320
148	85	165	200	270	355
165	95	175	215	290	385
181	100	190	230	320	415
198	105	200	245	335	435
220	110	210	260	355	455
242	115	220	265	365	475
275	120	225	275	375	490
319	125	230	280	385	500
320+	130	240	285	390	510
Over 50 years old					
114	60	110	135	180	245
123	65	120	145	200	260
132	70	130	155	215	280
148	75	145	175	240	310
165	85	155	190	260	340
181	90	165	205	280	365
198	95	175	215	295	385
220	100	185	230	310	405
242	105	195	235	325	420
275	110	200	240	330	435
319	115	205	245	340	440
320+	120	210	250	345	450
Over 60 years old					
114	40	75	90	120	165
123	45	80	95	135	175
132	45	85	105	145	190
148	50	95	115	160	210
165	55	105	130	175	225
181	60	110	140	190	245
198	65	115	145	200	260
220	65	125	150	210	270
242	70	130	160	215	280
275	70	135	165	220	290
319	75	140	165	225	295
320+	75	140	170	230	305

Women

Body Weight	Untrained	Novice	Intermediate	Advanced	Elite
97	45	85	100	130	165
105	50	90	105	140	175
114	55	100	115	150	190
123	55	105	120	160	200
132	60	110	130	170	210
148	65	120	140	185	230
165	70	130	150	200	255
181	75	140	165	215	270
198	80	150	175	230	290
199+	85	160	185	240	305
Over 40 years old					
97	40	75	85	110	140
105	45	80	90	120	150
114	45	85	100	130	165
123	50	90	105	140	170
132	50	95	110	145	180
148	55	105	120	160	200
165	60	110	130	170	220
181	65	120	140	185	230
198	70	130	150	200	250
199+	75	140	160	205	260
Over 50 years old					
97	35	65	75	100	125
105	40	70	80	105	135
114	40	75	85	115	145
123	45	80	90	120	150
132	45	85	100	130	160
148	50	90	105	140	175
165	55	100	115	150	195
181	55	105	125	165	205
198	60	115	135	175	220
199+	65	120	140	180	230
Over 60 years old					
97	25	45	50	65	85
105	25	45	55	70	90
114	30	50	60	75	95
123	30	55	60	80	100
132	30	55	65	85	105
148	35	60	70	95	115
165	35	65	75	100	130
181	40	70	85	110	140
198	40	75	90	115	150
199+	45	80	95	120	155

Performance standards are by nature a crude estimate of what we think someone should be capable of in a certain task under certain conditions. What is presented here are new adult standards (>18 years) based on competitive weightlifting and powerlifting (un-aided) classification systems in use from the 1960's to the present AND include adjustments for the inevitability of aging. Standards are based on lifts completed with no supportive gear (belt is acceptable) and using complete range of motion exercises as described in each lift's official international competitive rules. Definitions of Novice through Elite are those found in *Practical Programming for Strength Training*.

Research tells us that if you reach the advanced or elite levels you will be less likely to die from all causes compared to the lower stratifications (based on data presented in BMJ. 2008 July 12; 337(7661): 92–95).