

BIGGER FASTER STRONGER**BFS**

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 |

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