



# Dips Standards

## Measured in lb

Dips strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Compare With

Exercise

Weight Unit

Pounds (lb)

Kilograms (kg)

Our community Dips standards are based on 1,286,739 lifts by Strength Level users



How To

Male

Female

## Male Dips Standards

Entire Community

Reps

1RM Weight

Strength Level	Reps
Beginner	< 1
Novice	8
Intermediate	20
Advanced	34
Elite	49

## How many reps of Dips should I be able to do?

INTERMEDIATE

20

ELITE

49

**How many reps of Dips can the average lifter do?** The average male lifter can do 20 reps of Dips. This makes you Intermediate on Strength Level and is a very impressive achievement.

## Reps By Weight and Age

By Bodyweight

By Age

110	< 1	7	19	34	50
120	< 1	8	20	34	50
130	< 1	9	20	34	49
140	< 1	9	20	34	48
150	< 1	9	20	33	47
160	1	9	20	33	46
170	1	10	20	32	45
180	1	10	20	31	44
190	2	10	19	31	43
200	2	10	19	30	42
210	2	10	19	29	41

220	2	9	18	29	40
230	2	9	18	28	39
240	2	9	18	27	38
250	2	9	17	27	37
260	2	9	17	26	36
270	2	9	16	26	35
280	2	9	16	25	34
290	2	8	16	24	33
300	2	8	15	24	33
310	2	8	15	23	32

### 1RM Weight (lb)

If the standard is negative, you have assistance weight. If positive, you add on weight using a weight belt.

By Bodyweight

By Age

110	-18 lb	+20 lb	+68 lb	+123 lb	+183 lb
120	-15 lb	+26 lb	+77 lb	+134 lb	+197 lb
130	-12 lb	+32 lb	+85 lb	+145 lb	+209 lb
140	-9 lb	+37 lb	+92 lb	+154 lb	+221 lb
150	-6 lb	+41 lb	+98 lb	+163 lb	+231 lb
160	-4 lb	+45 lb	+105 lb	+171 lb	+241 lb
170	-2 lb	+49 lb	+110 lb	+178 lb	+251 lb
180	+0 lb	+53 lb	+115 lb	+185 lb	+259 lb
190	+1 lb	+56 lb	+120 lb	+192 lb	+267 lb
200	+3 lb	+58 lb	+124 lb	+197 lb	+274 lb
210	+4 lb	+61 lb	+128 lb	+203 lb	+281 lb
220	+4 lb	+63 lb	+131 lb	+207 lb	+287 lb
230	+5 lb	+65 lb	+135 lb	+212 lb	+293 lb

240	+5 lb	+66 lb	+137 lb	+216 lb	+298 lb
250	+5 lb	+67 lb	+140 lb	+220 lb	+303 lb
260	+5 lb	+68 lb	+142 lb	+223 lb	+307 lb
270	+5 lb	+69 lb	+144 lb	+226 lb	+311 lb
280	+4 lb	+70 lb	+145 lb	+229 lb	+315 lb
290	+3 lb	+70 lb	+147 lb	+231 lb	+319 lb
300	+3 lb	+70 lb	+148 lb	+233 lb	+322 lb
310	+1 lb	+70 lb	+149 lb	+235 lb	



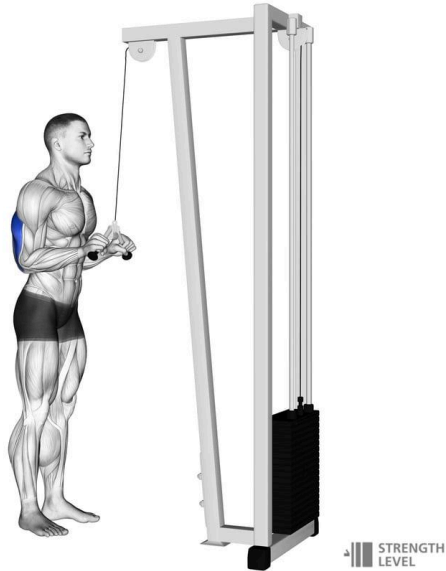
# Tricep Pushdown Standards

## Measured in lb

Tricep Pushdown strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Exercise	
Weight Unit	
Compare With	Pounds (lb)
	Kilograms (kg)

Our community Tricep Pushdown standards are based on 490,711 lifts by Strength Level users



How To

Male

Female

## Male Tricep Pushdown Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.25x
Novice	0.50x
Intermediate	0.75x
Advanced	1.00x
Elite	1.50x

### How much should I be able to Tricep Pushdown? (lb)

BEGINNER

38 lb

INTERMEDIATE

125 lb

**What is the average Tricep Pushdown?** The average Tricep Pushdown weight for a male lifter is 125 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

**What is a good Tricep Pushdown?** Male beginners should aim to lift 38 lb (1RM) which is still impressive compared to the general population.

## By Weight and Age

By Bodyweight

By Age

110	16	40	76	124	181
120	20	46	85	135	194
130	25	53	93	145	206
140	29	59	101	155	218
150	33	64	109	165	229
160	37	70	116	174	240
170	41	76	123	183	250
180	45	81	130	191	260
190	49	87	137	199	269
200	53	92	144	207	279
210	57	97	150	215	287
220	61	102	156	222	296
230	65	107	163	230	304
240	69	112	169	237	313
250	72	117	174	244	320
260	76	121	180	250	328
270	80	126	186	257	336
280	83	130	191	263	343
290	87	135	196	269	350
300	90	139	201	275	357
310	94	143	207	281	



# Lying Tricep Extension Standards

## Measured in lb

Lying Tricep Extension strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Compare With

Exercise

Weight Unit

Pounds (lb)

Kilograms (kg)

Our community Lying Tricep Extension standards are based on 258,020 lifts by Strength Level users



How To

Male

Female

## Male Lying Tricep Extension Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.20x
Novice	0.35x
Intermediate	0.55x
Advanced	0.80x
Elite	1.10x

### How much should I be able to Lying Tricep Extension? (lb)

BEGINNER

34 lb

INTERMEDIATE

96 lb

**What is the average Lying Tricep Extension?** The average Lying Tricep Extension weight for a male lifter is 96 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

**What is a good Lying Tricep Extension?** Male beginners should aim to lift 34 lb (1RM) which is still impressive compared to the general population.

Barbell weights include the weight of the bar, normally 20 kg / 44 lb.

### By Weight and Age

By Bodyweight

By Age

110	13	29	52	83	118
120	17	35	60	92	129
130	21	40	67	101	139
140	25	46	74	109	149
150	29	51	81	117	159
160	33	56	87	125	168
170	37	61	94	133	177
180	41	67	100	141	186
190	45	72	106	148	194



200	49	77	113	155	202
210	53	82	118	162	210
220	57	86	124	169	218
230	60	91	130	175	225
240	64	96	135	182	233
250	68	100	141	188	240
260	72	105	146	194	247
270	75	109	151	200	253
280	79	113	156	206	260
290	82	118	161	212	266
300	86	122	166	217	273
310	89	126	171	223	



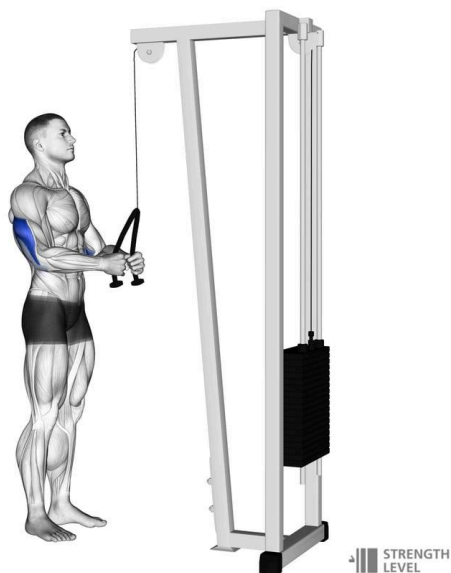
# Tricep Rope Pushdown Standards

## Measured in lb

Tricep Rope Pushdown strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Exercise	
Compare With	Weight Unit
Pounds (lb)	
Kilograms (kg)	

Our community Tricep Rope Pushdown standards are based on 214,168 lifts by Strength Level users



How To

Male

Female

## Male Tricep Rope Pushdown Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.20x
Novice	0.35x
Intermediate	0.60x
Advanced	0.90x
Elite	1.25x

**How much should I be able to Tricep Rope Pushdown? (lb)**

BEGINNER

33 lb

INTERMEDIATE

104 lb

**What is the average Tricep Rope Pushdown?** The average Tricep Rope Pushdown weight for a male lifter is 104 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

**What is a good Tricep Rope Pushdown?** Male beginners should aim to lift 33 lb (1RM) which is still impressive compared to the general population.

## By Weight and Age

By Bodyweight

By Age

110	14	34	64	103	150
120	18	40	71	112	160
130	21	45	78	121	170
140	25	50	85	129	180
150	28	54	91	137	189
160	32	59	97	144	198
170	35	64	103	151	206
180	39	68	109	158	214
190	42	73	114	165	222
200	45	77	120	172	230
210	49	82	125	178	237
220	52	86	130	184	244
230	55	90	135	190	251
240	58	94	140	196	258
250	61	98	145	202	264
260	64	102	150	207	271
270	67	105	154	212	277
280	70	109	159	218	283
290	73	113	163	223	288
300	76	116	167	228	294
310	79	120	172	233	



# Dumbbell Tricep Extension Standards

## Measured in lb

Dumbbell Tricep Extension strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Exercise

Compare With

Weight Unit

Pounds (lb)

Kilograms (kg)

Our community Dumbbell Tricep Extension standards are based on 188,376 lifts by Strength Level users



STRENGTH  
LEVEL

How To

Male

Female

## Male Dumbbell Tricep Extension Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.05x
Novice	0.15x
Intermediate	0.30x
Advanced	0.50x
Elite	0.70x

### How much should I be able to Dumbbell Tricep Extension? (lb)

BEGINNER

11 lb

INTERMEDIATE

52 lb

**What is the average Dumbbell Tricep Extension?** The average Dumbbell Tricep Extension weight for a male lifter is 52 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

**What is a good Dumbbell Tricep Extension?** Male beginners should aim to lift 11 lb (1RM) which is still impressive compared to the general population.

Dumbbell weights are for one dumbbell and include the weight of the bar, normally 2 kg / 4.4 lb

### By Weight and Age

By Bodyweight

By Age

110	3	13	30	54	84
120	5	16	34	60	91
130	6	18	38	65	97
140	8	21	41	69	102
150	9	23	45	74	108
160	11	26	48	78	113
170	12	28	52	83	118
180	14	31	55	87	123

190	16	33	58	91	128
200	17	35	61	95	133
210	19	38	64	98	137
220	21	40	67	102	141
230	22	42	70	105	146
240	24	44	73	109	150
250	25	47	76	112	154
260	27	49	79	116	157
270	28	51	81	119	161
280	30	53	84	122	165
290	31	55	86	125	168
300	33	57	89	128	172
310	34	59	91	131	



# Tricep Extension Standards

## Measured in lb

Tricep Extension strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Compare With

Exercise

Weight Unit

Pounds (lb)

Kilograms (kg)

Our community Tricep Extension standards are based on 147,241 lifts by Strength Level users



STRENGTH  
LEVEL

How To

Male

Female

## Male Tricep Extension Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.15x
Novice	0.35x
Intermediate	0.65x
Advanced	1.00x
Elite	1.40x

How much should I be able to Tricep Extension? (lb)

BEGINNER

27 lb

INTERMEDIATE

109 lb

**What is the average Tricep Extension?** The average Tricep Extension weight for a male lifter is 109 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

**What is a good Tricep Extension?** Male beginners should aim to lift 27 lb (1RM) which is still impressive compared to the general population.

Barbell weights include the weight of the bar, normally 20 kg / 44 lb.

## By Weight and Age

By Bodyweight

By Age

110	9	30	63	110	166
120	12	35	71	120	178
130	16	40	79	130	190
140	19	46	86	139	201
150	22	51	93	148	212
160	26	56	100	157	223
170	29	61	107	165	233
180	33	66	113	173	242
190	36	71	120	181	251
200	40	76	126	189	260
210	43	80	132	196	269
220	46	85	138	203	277
230	50	89	143	210	286
240	53	94	149	217	293
250	56	98	154	223	301
260	60	103	160	230	309
270	63	107	165	236	316
280	66	111	170	242	323
290	69	115	175	248	330
300	72	119	180	254	337



310

75

123

185

260



# Lying Dumbbell Tricep Extension Standards

Measured in lb

Lying Dumbbell Tricep Extension strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Compare With

Exercise

Weight Unit

Pounds (lb)

Kilograms (kg)

Our community Lying Dumbbell Tricep Extension standards are based on 110,134 lifts by Strength Level users



How To

Male

Female

## Male Lying Dumbbell Tricep Extension Standards (lb)

## Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.05x
Novice	0.15x
Intermediate	0.25x
Advanced	0.45x
Elite	0.60x

### How much should I be able to Lying Dumbbell Tricep Extension? (lb)

BEGINNER

10 lb

INTERMEDIATE

45 lb

**What is the average Lying Dumbbell Tricep Extension?** The average Lying Dumbbell Tricep Extension weight for a male lifter is 45 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

**What is a good Lying Dumbbell Tricep Extension?** Male beginners should aim to lift 10 lb (1RM) which is still impressive compared to the general population.

Dumbbell weights are for one dumbbell and include the weight of the bar, normally 2 kg / 4.4 lb

## By Weight and Age

By Bodyweight

By Age

110	3	11	26	46	71
120	4	14	29	51	77
130	6	16	33	55	82
140	7	18	36	60	88
150	8	21	39	64	92
160	10	23	42	68	97

170	11	25	45	71	102
180	13	27	48	75	106
190	14	29	51	78	110
200	16	32	54	82	114
210	17	34	56	85	118
220	19	36	59	89	122
230	20	38	62	92	126
240	22	40	64	95	129
250	23	42	67	98	133
260	25	44	69	101	136
270	26	45	71	104	140
280	27	47	74	106	143
290	29	49	76	109	146
300	30	51	78	112	149
310	32	53	80	114	



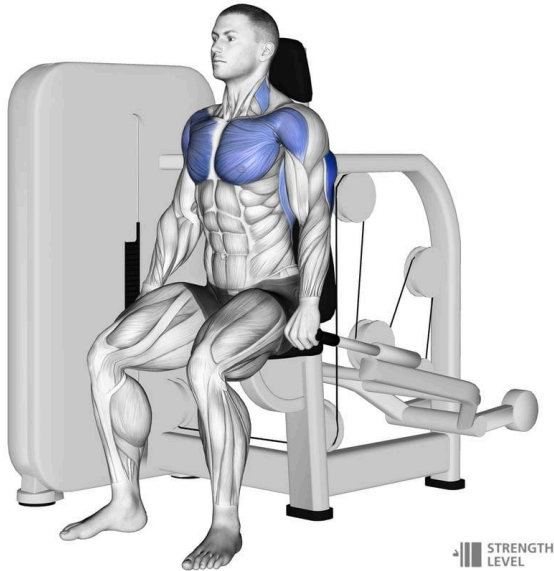
## Seated Dip Machine Standards

### Measured in lb

Seated Dip Machine strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Compare With	Exercise
	Weight Unit
	Pounds (lb)
	Kilograms (kg)

Our community Seated Dip Machine standards are based on 101,809 lifts by Strength Level users



Male

Female

## Male Seated Dip Machine Standards (lb)

### Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.50x
Novice	0.75x
Intermediate	1.25x
Advanced	2.00x
Elite	2.75x

### How much should I be able to Seated Dip Machine? (lb)

BEGINNER

79 lb

INTERMEDIATE

232 lb

**What is the average Seated Dip Machine?** The average Seated Dip Machine weight for a male lifter is 232 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

**What is a good Seated Dip Machine?** Male beginners should aim to lift 79 lb (1RM) which is still impressive compared to the general population.

## By Weight and Age

By Bodyweight

By Age

110	44	91	160	248	349
120	51	101	173	264	368
130	57	111	185	279	386
140	64	120	197	293	403
150	71	129	208	307	419
160	77	137	219	320	434
170	83	146	230	333	449
180	89	154	240	345	463
190	95	161	249	356	476
200	101	169	259	368	489
210	107	176	268	378	502
220	112	184	277	389	514
230	118	191	285	399	525
240	123	197	294	409	537
250	129	204	302	418	548
260	134	210	310	428	558
270	139	217	317	437	568
280	144	223	325	445	578
290	149	229	332	454	588
300	153	235	339	462	598
310	158	241	346	471	



# Dumbbell Tricep Kickback Standards

Measured in lb

Dumbbell Tricep Kickback strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Compare With

Exercise

Weight Unit

Pounds (lb)

Kilograms (kg)

Our community Dumbbell Tricep Kickback standards are based on 84,774 lifts by Strength Level users



Male

Female

## Male Dumbbell Tricep Kickback Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.05x

Novice	0.15x
Intermediate	0.25x
Advanced	0.40x
Elite	0.55x

## How much should I be able to Dumbbell Tricep Kickback? (lb)

BEGINNER

9 lb

INTERMEDIATE

40 lb

**What is the average Dumbbell Tricep Kickback?** The average Dumbbell Tricep Kickback weight for a male lifter is 40 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

**What is a good Dumbbell Tricep Kickback?** Male beginners should aim to lift 9 lb (1RM) which is still impressive compared to the general population.

Dumbbell weights are for one dumbbell and include the weight of the bar, normally 2 kg / 4.4 lb

## By Weight and Age

By Bodyweight

By Age

110	3	11	25	45	68
120	4	13	28	48	73
130	5	15	31	52	77
140	7	17	33	55	81
150	8	19	36	58	85
160	9	21	38	61	88
170	10	22	41	64	92
180	11	24	43	67	95
190	12	26	45	70	99
200	13	27	47	73	102
210	14	29	49	75	105

220	16	30	51	78	108
230	17	32	53	80	111
240	18	33	55	82	114
250	19	35	57	85	116
260	20	36	59	87	119
270	21	38	61	89	121
280	22	39	63	91	124
290	23	41	64	93	126
300	24	42	66	95	129
310	25	43	68	97	



# Cable Overhead Tricep Extension Standards

## Measured in lb

Cable Overhead Tricep Extension strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Compare With

Exercise

Weight Unit

Pounds (lb)

Kilograms (kg)

Our community Cable Overhead Tricep Extension standards are based on 64,401 lifts by Strength Level users





Male

Female

## Male Cable Overhead Tricep Extension Standards (lb)

### Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.15x
Novice	0.30x
Intermediate	0.55x
Advanced	0.85x
Elite	1.25x

### How much should I be able to Cable Overhead Tricep Extension? (lb)

BEGINNER

22 lb

INTERMEDIATE

93 lb

**What is the average Cable Overhead Tricep Extension?** The average Cable Overhead Tricep Extension weight for a male lifter is 93 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

**What is a good Cable Overhead Tricep Extension?** Male beginners should aim to lift 22 lb (1RM) which is still impressive compared to the general population.

## By Weight and Age

By Bodyweight

By Age

110	6	23	51	91	140
120	9	28	58	101	152
130	12	33	66	110	163
140	15	38	73	119	174
150	18	43	79	128	185
160	21	47	86	136	195
170	25	52	93	144	204
180	28	57	99	152	214
190	31	62	105	160	223
200	35	67	111	167	232
210	38	71	117	175	240
220	41	76	123	182	249
230	45	80	129	189	257
240	48	85	134	195	264
250	51	89	140	202	272
260	54	93	145	208	279
270	58	97	150	215	287
280	61	102	155	221	294
290	64	106	160	227	301
300	67	110	165	233	307
310	70	114	170	238	



# Machine Tricep Extension Standards

## Measured in lb

Machine Tricep Extension strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Compare With

Exercise

Weight Unit

Pounds (lb)

Kilograms (kg)

Our community Machine Tricep Extension standards are based on 58,501 lifts by Strength Level users



Male  
Female

## Male Machine Tricep Extension Standards (lb)

### Entire Community

Weight  
Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.25x

Novice	0.50x
Intermediate	0.75x
Advanced	1.25x
Elite	1.75x

## How much should I be able to Machine Tricep Extension? (lb)

BEGINNER

50 lb

INTERMEDIATE

141 lb

**What is the average Machine Tricep Extension?** The average Machine Tricep Extension weight for a male lifter is 141 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

**What is a good Machine Tricep Extension?** Male beginners should aim to lift 50 lb (1RM) which is still impressive compared to the general population.

## By Weight and Age

By Bodyweight

By Age

110	26	54	93	143	201
120	31	61	102	154	214
130	36	67	110	164	226
140	40	73	118	174	237
150	45	79	126	183	248
160	49	85	133	192	258
170	54	91	140	201	268
180	58	97	147	209	278
190	62	102	154	217	287
200	66	107	160	224	296
210	70	112	167	232	304
220	74	117	173	239	312

230	78	122	179	246	320
240	82	127	185	253	328
250	86	132	190	259	335
260	90	136	196	266	343
270	93	141	201	272	350
280	97	145	206	278	357
290	100	149	211	284	363
300	104	154	216	290	370
310	107	158	221	295	



# Seated Dumbbell Tricep Extension Standards

Measured in lb

Seated Dumbbell Tricep Extension strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

		Exercise
Compare With	Pounds (lb)	Weight Unit
	Kilograms (kg)	

Our community Seated Dumbbell Tricep Extension standards are based on 43,109 lifts by Strength Level users



STRENGTH  
LEVEL

Male

Female

## Male Seated Dumbbell Tricep Extension Standards (lb)

### Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.10x
Novice	0.25x
Intermediate	0.40x
Advanced	0.65x
Elite	0.85x

### How much should I be able to Seated Dumbbell Tricep Extension? (lb)

BEGINNER

21 lb

INTERMEDIATE

70 lb

**What is the average Seated Dumbbell Tricep Extension?** The average Seated Dumbbell Tricep Extension weight for a male lifter is 70 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

**What is a good Seated Dumbbell Tricep Extension?** Male beginners should aim to lift 21 lb (1RM) which is still impressive compared to the general population.

Dumbbell weights are for one dumbbell and include the weight of the bar, normally 2 kg / 4.4 lb

## By Weight and Age

By Bodyweight

By Age

110	10	24	47	76	111
120	12	27	51	82	118
130	14	30	55	87	124
140	16	33	59	92	130
150	18	36	63	96	135
160	20	39	66	101	140
170	22	42	70	105	146
180	23	44	73	109	150
190	25	47	76	113	155
200	27	49	80	117	160
210	29	52	83	121	164
220	31	54	86	124	168
230	33	56	89	128	172
240	34	59	91	131	176
250	36	61	94	135	180
260	38	63	97	138	184
270	39	65	100	141	187
280	41	67	102	144	191
290	42	69	105	147	194
300	44	71	107	150	198
310	46	73	109	153	



# Reverse Grip Tricep Pushdown Standards

Measured in lb

Reverse Grip Tricep Pushdown strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Compare With

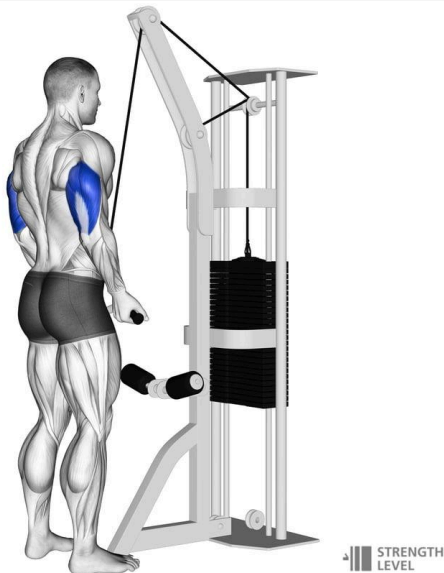
Exercise

Weight Unit

Pounds (lb)

Kilograms (kg)

Our community Reverse Grip Tricep Pushdown standards are based on 26,162 lifts by Strength Level users



Male

Female

## Male Reverse Grip Tricep Pushdown Standards (lb)

Entire Community

Weight



### Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.15x
Novice	0.35x
Intermediate	0.60x
Advanced	1.00x
Elite	1.45x

### How much should I be able to Reverse Grip Tricep Pushdown? (lb)

BEGINNER

23 lb

INTERMEDIATE

107 lb

**What is the average Reverse Grip Tricep Pushdown?** The average Reverse Grip Tricep Pushdown weight for a male lifter is 107 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

**What is a good Reverse Grip Tricep Pushdown?** Male beginners should aim to lift 23 lb (1RM) which is still impressive compared to the general population.

### By Weight and Age

#### By Bodyweight

#### By Age

110	8	29	66	118	182
120	11	34	74	128	194
130	13	39	81	137	205
140	16	44	87	146	215
150	19	48	94	154	225
160	22	53	100	162	235
170	25	57	106	170	244
180	27	62	112	177	253
190	30	66	118	184	262

200	33	70	123	191	270
210	36	74	129	198	278
220	39	78	134	204	286
230	42	82	139	211	293
240	44	86	144	217	300
250	47	90	149	223	308
260	50	93	154	229	314
270	52	97	158	234	321
280	55	101	163	240	327
290	58	104	167	245	334
300	60	108	172	251	340
310	63	111	176	256	



# JM Press Standards

## Measured in lb

JM Press strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Exercise

Weight Unit

Compare With

Pounds (lb)

Kilograms (kg)

Our community JM Press standards are based on 25,296 lifts by Strength Level users



Male

Female

## Male JM Press Standards (lb)

### Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.25x
Novice	0.50x
Intermediate	0.75x
Advanced	1.00x
Elite	1.50x

### How much should I be able to JM Press? (lb)

BEGINNER

53 lb

INTERMEDIATE

146 lb

**What is the average JM Press?** The average JM Press weight for a male lifter is 146 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

**What is a good JM Press?** Male beginners should aim to lift 53 lb (1RM) which is still impressive compared to the general population.

Barbell weights include the weight of the bar, normally 20 kg / 44 lb.

## By Weight and Age

By Bodyweight

By Age

110	15	36	68	109	158
120	21	44	79	123	174
130	26	52	89	135	189
140	32	60	99	148	203
150	37	68	109	160	217
160	43	75	118	171	231
170	49	83	128	183	244
180	55	90	137	194	257
190	60	98	146	204	269
200	66	105	155	215	281
210	72	112	164	225	293
220	77	119	172	235	304
230	83	126	180	245	315
240	89	133	188	254	326
250	94	139	196	263	336
260	99	146	204	272	346
270	105	152	212	281	356
280	110	159	219	290	366
290	115	165	227	298	375
300	121	171	234	306	385
310	126	177	241	315	



# Tate Press Standards

Measured in lb

Tate Press strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Compare With

Exercise

Weight Unit

Pounds (lb)

Kilograms (kg)

Our community Tate Press standards are based on 21,565 lifts by Strength Level users



Male

Female

## Male Tate Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level

Bodyweight Ratio

Beginner	0.05x
Novice	0.15x
Intermediate	0.25x
Advanced	0.45x
Elite	0.65x

### How much should I be able to Tate Press? (lb)

BEGINNER

8 lb

INTERMEDIATE

46 lb

**What is the average Tate Press?** The average Tate Press weight for a male lifter is 46 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

**What is a good Tate Press?** Male beginners should aim to lift 8 lb (1RM) which is still impressive compared to the general population.

Dumbbell weights are for one dumbbell and include the weight of the bar, normally 2 kg / 4.4 lb

### By Weight and Age

By Bodyweight

By Age

110	2	11	28	52	82
120	3	13	31	57	88
130	4	16	34	61	93
140	6	18	37	65	98
150	7	20	40	69	102
160	8	22	43	72	107
170	9	24	46	76	111
180	10	26	49	79	115
190	12	27	51	83	119
200	13	29	54	86	123

210	14	31	56	89	127
220	15	33	59	92	131
230	16	35	61	95	134
240	18	36	63	98	137
250	19	38	66	101	141
260	20	40	68	103	144
270	21	41	70	106	147
280	22	43	72	108	150
290	23	45	74	111	153
300	25	46	76	113	156
310	26	48	78	116	



# Ring Dips Standards

## Measured in lb

Ring Dips strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Exercise

Weight Unit

Compare With

Pounds (lb)

Kilograms (kg)

Our community Ring Dips standards are based on 18,053 lifts by Strength Level users



STRENGTH  
LEVEL

Male

Female

## Male Ring Dips Standards

### Entire Community

Strength Level	Reps
Beginner	< 1
Novice	5
Intermediate	13
Advanced	24
Elite	36

### How many reps of Ring Dips should I be able to do?

INTERMEDIATE

13

ELITE

36

**How many reps of Ring Dips can the average lifter do?** The average male lifter can do 13 reps of Ring Dips. This makes you Intermediate on Strength Level and is a very impressive achievement.

### Reps By Weight and Age



By Bodyweight

By Age

110	< 1	5	14	25	37
120	< 1	6	14	25	36
130	< 1	6	14	24	35
140	< 1	6	14	24	35
150	< 1	6	14	24	34
160	< 1	6	14	23	33
170	< 1	6	13	22	32
180	< 1	6	13	22	31
190	< 1	6	13	21	30
200	< 1	6	12	21	29
210	< 1	6	12	20	28
220	< 1	6	12	19	27
230	< 1	6	11	19	27
240	< 1	5	11	18	26
250	< 1	5	11	18	25
260	< 1	5	10	17	24
270	< 1	5	10	17	23
280	< 1	5	10	16	23
290	< 1	4	9	15	22
300	< 1	4	9	15	21
310	< 1	4	9	14	



## Bench Dips Standards

# Measured in lb

Bench Dips strength standards help you to compare your one-rep max lift with other lifters at your bodyweight.

Compare With

Exercise

Weight Unit

Pounds (lb)

Kilograms (kg)

Our community Bench Dips standards are based on 17,580 lifts by Strength Level users



Male

Female

## Male Bench Dips Standards

### Entire Community

Strength Level		Reps
Beginner		< 1
Novice		10
Intermediate		32
Advanced		60

## How many reps of Bench Dips should I be able to do?

INTERMEDIATE

32

ELITE

91

**How many reps of Bench Dips can the average lifter do?** The average male lifter can do 32 reps of Bench Dips. This makes you Intermediate on Strength Level and is a very impressive achievement.

### Reps By Weight and Age

By Bodyweight

By Age

110	< 1	7	31	62	98
120	< 1	8	31	62	96
130	< 1	9	32	61	94
140	< 1	10	32	60	92
150	< 1	10	32	59	89
160	< 1	11	32	58	87
170	< 1	11	32	57	85
180	< 1	12	32	56	83
190	< 1	12	32	55	81
200	< 1	12	31	54	79
210	< 1	12	31	53	77
220	< 1	12	30	52	75
230	< 1	12	30	51	74
240	< 1	12	29	50	72
250	< 1	12	29	49	71
260	< 1	12	28	48	69
270	< 1	12	28	47	67

280	< 1	12	28	46	66
290	< 1	11	27	45	65
300	< 1	11	27	44	63
310	< 1	11	26	43	