

Adults < 40	Expected		Game Changer		Specialized	
	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>
Push Bench Press	1RM @ BW	1RM @ 70% BW	15 Reps @ BW	1RM @ BW	1RM @ 1.75x BW	3 Reps @ BW
Pull Pull Up	X 10	X 1	X 15	X 6	X 25	X 15
Squat Back Squat	1RM @ BW	1RM @ 70% BW	15 reps @ BW	5 Reps @ BW	1RM @ 2x BW	1 RM @ 1.5x BW
Hinge Deadlift	1RM @ 2x BW	1RM @ 1.5x BW	1RM @ 2.25x BW	1RM @ 1.75x BW	1RM @ 2.5 BW	1RM @ 2x BW
Capacity Assault / Echo Bike Max Cals / 10 min	75% BW (e.g. 150 cals / 10 min @ 200 lbs)		100% BW (e.g. 200 cals / 10 min @ 200 lbs)		1.25 x BW (e.g. 250 cals / 10 min @ 200 lbs)	
Endurance Ride / Run 60 min AMRAP	40 cal Bike + 400m Run 8 Rounds		40 cal Bike + 400m Run 10 Rounds		40 cal Bike + 400m Run 12 Rounds	

Note: Estimated maxes (E1RM) are sufficient in most cases; computed from a 3RM or 5RM and a calculator tool:

<https://strengthlevel.com/one-rep-max-calculator>

Age: Generally these apply for adults under 40. For every 2 decades you gain 1-tier. So, a 60 year old man bench pressing his bodyweight 15x is outstanding, as is an 80 year old man bench pressing his bodyweight 1x.

References:

- [Dan John's Strength Standards](#)
- [Strength Level \(.com\)](#) has a huge database of lifters to pool from. The "Specialized" Tier above roughly translates to their "Advanced" category, while the "Expected" Tier above is somewhere between the "Novice" and "Intermediate" category.
- [Capacity](#) and [Endurance](#) manuals by Nonprophet