



Shoulder Press Standards

Measured in lb

Shoulder 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 Shoulder Press standards are based on 4,487,932 lifts by Strength Level users



How To

Male

Female

Male Shoulder Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.35x
Novice	0.55x
Intermediate	0.80x
Advanced	1.10x
Elite	1.40x

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

BEGINNER

66 lb

INTERMEDIATE

142 lb

What is the average Shoulder Press? The average Shoulder Press weight for a male lifter is 142 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Shoulder Press? Male beginners should aim to lift 66 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	32	54	83	117	156
120	39	62	92	129	169
130	45	70	102	140	181
140	51	77	111	150	194
150	57	85	120	161	205
160	63	92	128	170	216
170	69	99	136	180	227
180	75	106	145	189	238
190	80	113	152	198	248

200	86	119	160	207	257
210	91	126	168	215	267
220	97	132	175	224	276
230	102	138	182	232	285
240	107	144	189	239	293
250	112	150	196	247	302
260	117	156	202	254	310
270	122	161	209	262	318
280	127	167	215	269	326
290	132	173	221	276	333
300	136	178	227	282	341
310	141	183	233	289	



Dumbbell Shoulder Press Standards

Measured in lb

Dumbbell Shoulder 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 Dumbbell Shoulder Press standards are based on 1,644,749 lifts by Strength Level users



STRENGTH
LEVEL

How To

Male

Female

Male Dumbbell Shoulder Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.15x
Novice	0.25x
Intermediate	0.40x
Advanced	0.60x
Elite	0.75x

How much should I be able to Dumbbell Shoulder Press? (lb)

BEGINNER

29 lb

INTERMEDIATE

71 lb

What is the average Dumbbell Shoulder Press? The average Dumbbell Shoulder Press weight for a male lifter is 71 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Dumbbell Shoulder Press? Male beginners should aim to lift 29 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	13	25	41	61	84
120	16	29	46	68	92
130	19	33	51	74	99
140	22	37	56	79	106
150	25	41	61	85	112
160	28	44	65	91	118
170	31	48	70	96	124
180	34	52	74	101	130
190	37	55	79	106	136
200	40	59	83	111	141
210	43	62	87	115	146
220	45	66	91	120	151
230	48	69	95	124	156
240	51	72	98	128	161
250	54	75	102	133	166
260	56	78	106	137	170
270	59	81	109	141	175
280	61	84	112	145	179
290	64	87	116	148	183

300	66	90	119	152	188
310	69	93	122	156	



Dumbbell Lateral Raise Standards

Measured in lb

Dumbbell Lateral Raise 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 Lateral Raise standards are based on 795,797 lifts by Strength Level users



STRENGTH LEVEL

Male

Female

How To

Male Dumbbell Lateral Raise Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.05x
Novice	0.10x
Intermediate	0.20x
Advanced	0.30x
Elite	0.45x

How much should I be able to Dumbbell Lateral Raise? (lb)

BEGINNER

8 lb

INTERMEDIATE

34 lb

What is the average Dumbbell Lateral Raise? The average Dumbbell Lateral Raise weight for a male lifter is 34 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Dumbbell Lateral Raise? 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	3	11	23	39	59
120	4	12	25	42	63
130	5	13	27	45	66
140	6	15	29	47	69
150	7	16	31	49	72
160	8	17	32	52	75

170	8	19	34	54	77
180	9	20	36	56	80
190	10	21	37	58	82
200	11	22	39	60	85
210	12	24	41	62	87
220	13	25	42	64	89
230	13	26	44	66	91
240	14	27	45	67	93
250	15	28	46	69	95
260	16	29	48	71	97
270	16	30	49	72	99
280	17	31	50	74	101
290	18	32	52	75	103
300	19	33	53	77	104
310	19	34	54	78	



Military Press Standards

Measured in lb

Military 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 Military Press standards are based on 709,422 lifts by Strength Level users



Male

Female

Male Military Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.40x
Novice	0.55x
Intermediate	0.80x
Advanced	1.05x
Elite	1.35x

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

BEGINNER

69 lb

INTERMEDIATE

142 lb

What is the average Military Press? The average Military Press weight for a male lifter is 142 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Military Press? Male beginners should aim to lift 69 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	33	53	80	111	145
120	40	62	89	122	159
130	46	70	99	134	172
140	53	78	108	145	184
150	59	85	118	155	196
160	66	93	126	165	207
170	72	100	135	175	218
180	78	107	143	184	228
190	84	115	152	194	239
200	90	121	159	203	249
210	96	128	167	211	258
220	102	135	175	220	268
230	107	141	182	228	277
240	113	148	189	236	286
250	118	154	196	244	294
260	124	160	203	252	303
270	129	166	210	259	311
280	134	172	216	266	319
290	139	178	223	273	327
300	144	183	229	280	334
310	149	189	235	287	



Seated Shoulder Press Standards

Measured in lb

Seated Shoulder 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 Seated Shoulder Press standards are based on 272,941 lifts by Strength Level users



Male

Female

Male Seated Shoulder Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.25x
Novice	0.50x
Intermediate	0.75x
Advanced	1.25x
Elite	1.50x

How much should I be able to Seated Shoulder Press? (lb)

BEGINNER

61 lb

INTERMEDIATE

155 lb

What is the average Seated Shoulder Press? The average Seated Shoulder Press weight for a male lifter is 155 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Seated Shoulder Press? Male beginners should aim to lift 61 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	23	46	78	119	166
120	29	55	90	133	183
130	36	64	101	147	199
140	43	73	112	161	215
150	50	82	123	174	230
160	57	90	134	187	245
170	63	99	145	199	259
180	70	107	155	211	272
190	77	116	165	222	286

200	84	124	175	234	298
210	90	132	184	245	311
220	97	140	194	256	323
230	104	148	203	266	335
240	110	156	212	276	346
250	116	163	220	286	357
260	123	170	229	296	368
270	129	178	237	306	379
280	135	185	246	315	390
290	141	192	254	324	400
300	147	199	262	333	410
310	153	206	270	342	



Machine Shoulder Press Standards

Measured in lb

Machine Shoulder 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 Machine Shoulder Press standards are based on 258,356 lifts by Strength Level users



STRENGTH
LEVEL

How To

Male

Female

Male Machine Shoulder Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.25x
Novice	0.50x
Intermediate	1.00x
Advanced	1.50x
Elite	2.00x

How much should I be able to Machine Shoulder Press? (lb)

BEGINNER

54 lb

INTERMEDIATE

170 lb

What is the average Machine Shoulder Press? The average Machine Shoulder Press weight for a male lifter is 170 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Machine Shoulder Press? Male beginners should aim to lift 54 lb (1RM) which is still impressive compared to the general population.

By Weight and Age

By Bodyweight

By Age

110	21	51	96	156	225
120	27	60	109	171	244
130	33	69	121	186	261
140	40	78	132	200	278
150	46	87	143	214	294
160	52	95	154	227	310
170	58	104	165	240	325
180	65	112	175	252	339
190	71	120	185	264	353
200	77	128	195	276	367
210	83	136	204	287	380
220	89	143	214	298	392
230	95	151	223	309	405
240	101	158	232	320	417
250	106	165	240	330	428
260	112	172	249	340	440
270	118	179	257	349	451
280	123	186	265	359	461
290	129	193	273	368	472
300	134	199	281	377	482
310	139	206	289	386	



Push Press Standards

Measured in lb

Push 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 Push Press standards are based on 257,946 lifts by Strength Level users



STRENGTH
LEVEL

How To

Male

Female

Male Push Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.50x
Novice	0.75x
Intermediate	1.00x
Advanced	1.50x
Elite	1.75x

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

BEGINNER

82 lb

INTERMEDIATE

183 lb

What is the average Push Press? The average Push Press weight for a male lifter is 183 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Push Press? Male beginners should aim to lift 82 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	40	69	108	154	207
120	48	79	119	168	223
130	55	88	130	182	238
140	62	97	141	194	253
150	69	105	152	207	267
160	76	114	162	219	281
170	83	122	172	230	293
180	89	130	182	241	306
190	96	138	191	252	318

200	102	146	200	262	330
210	109	153	209	272	341
220	115	161	217	282	352
230	121	168	226	292	362
240	127	175	234	301	373
250	133	182	242	310	383
260	139	189	249	319	392
270	144	195	257	327	402
280	150	202	264	335	411
290	155	208	272	344	420
300	161	214	279	352	429
310	166	220	286	359	



Seated Dumbbell Shoulder Press Standards

Measured in lb

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

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

Our community Seated Dumbbell Shoulder Press standards are based on 251,405 lifts by Strength Level users



How To

Male

Female

Male Seated Dumbbell Shoulder Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.15x
Novice	0.25x
Intermediate	0.40x
Advanced	0.55x
Elite	0.75x

How much should I be able to Seated Dumbbell Shoulder Press? (lb)

BEGINNER

28 lb

INTERMEDIATE

69 lb

What is the average Seated Dumbbell Shoulder Press? The average Seated Dumbbell Shoulder Press weight for a male lifter is 69 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Seated Dumbbell Shoulder Press? Male beginners should aim to lift 28 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	12	24	40	60	83
120	15	28	45	66	90
130	18	32	50	72	97
140	21	36	55	78	104
150	24	40	60	84	110
160	27	43	64	89	117
170	30	47	69	94	123
180	33	51	73	100	129
190	36	54	77	105	134
200	39	58	82	109	140
210	42	61	86	114	145
220	45	65	90	119	150
230	47	68	94	123	155
240	50	71	97	127	160
250	53	74	101	132	165
260	55	77	105	136	169
270	58	81	108	140	174
280	61	84	112	144	178
290	63	87	115	148	183

300	66	89	118	151	187
310	68	92	122	155	



Upright Row Standards

Measured in lb

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

Compare With

Pounds (lb)

Kilograms (kg)

Exercise

Weight Unit

Our community Upright Row standards are based on 152,252 lifts by Strength Level users



STRENGTH LEVEL

How To

Male
Female

Male Upright Row Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.25x
Novice	0.50x
Intermediate	0.75x
Advanced	1.25x
Elite	1.50x

How much should I be able to Upright Row? (lb)

BEGINNER

46 lb

INTERMEDIATE

140 lb

What is the average Upright Row? The average Upright Row weight for a male lifter is 140 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Upright Row? Male beginners should aim to lift 46 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	20	46	85	135	194
120	25	53	94	146	208
130	29	60	103	157	221
140	34	66	111	168	233
150	39	72	119	178	245
160	43	79	127	188	256

170	48	85	135	197	267
180	52	91	143	206	278
190	57	97	150	215	288
200	61	102	157	223	298
210	65	108	164	232	307
220	70	113	171	240	316
230	74	119	177	247	325
240	78	124	183	255	334
250	82	129	190	262	342
260	86	134	196	269	350
270	90	139	202	276	358
280	94	144	207	283	366
290	98	148	213	289	373
300	101	153	219	296	381
310	105	158	224	302	



Dumbbell Front Raise Standards

Measured in lb

Dumbbell Front Raise 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 Front Raise standards are based on 151,966 lifts by Strength Level users



How To

Male

Female

Male Dumbbell Front Raise Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.05x
Novice	0.10x
Intermediate	0.25x
Advanced	0.40x
Elite	0.55x

How much should I be able to Dumbbell Front Raise? (lb)

BEGINNER

7 lb

INTERMEDIATE

39 lb

What is the average Dumbbell Front Raise? The average Dumbbell Front Raise weight for a male lifter is 39 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Dumbbell Front Raise? Male beginners should aim to lift 7 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	10	25	46	72
120	3	12	28	50	77
130	4	14	30	53	81
140	5	15	32	56	85
150	6	17	35	59	88
160	6	18	37	62	92
170	7	20	39	64	95
180	8	21	41	67	98
190	9	23	43	70	101
200	10	24	45	72	104
210	11	25	47	74	107
220	12	27	48	77	110
230	13	28	50	79	112
240	14	29	52	81	115
250	14	30	54	83	117
260	15	32	55	85	120
270	16	33	57	87	122
280	17	34	58	89	124
290	18	35	60	91	127

300	19	36	61	93	129
310	19	38	63	95	



Cable Lateral Raise Standards

Measured in lb

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

Exercise

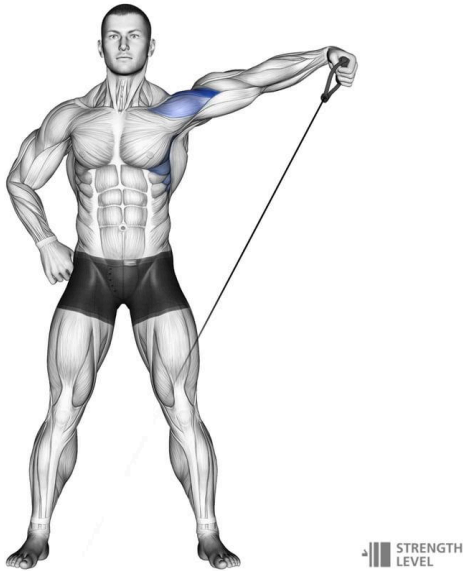
Weight Unit

Compare With

Pounds (lb)

Kilograms (kg)

Our community Cable Lateral Raise standards are based on 144,697 lifts by Strength Level users



Male

Female

Male Cable Lateral Raise Standards (lb)

Entire Community

Weight
Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.00x
Novice	0.10x
Intermediate	0.25x
Advanced	0.45x
Elite	0.75x

How much should I be able to Cable Lateral Raise? (lb)

BEGINNER

2 lb

INTERMEDIATE

40 lb

What is the average Cable Lateral Raise? The average Cable Lateral Raise 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 Cable Lateral Raise? Male beginners should aim to lift 2 lb (1RM) which is still impressive compared to the general population.

By Weight and Age

By Bodyweight

By Age

110	0	6	24	53	93
120	0	7	27	58	99
130	0	9	29	62	105
140	1	10	32	66	110
150	1	12	35	70	115
160	2	14	38	74	120
170	2	15	40	78	125
180	3	17	43	81	129

190	4	18	45	85	133
200	4	20	48	88	137
210	5	21	50	91	141
220	6	23	52	94	145
230	7	24	55	97	149
240	7	26	57	100	153
250	8	27	59	103	156
260	9	29	61	106	159
270	10	30	63	108	163
280	11	31	65	111	166
290	11	33	67	114	169
300	12	34	69	116	172
310	13	35	71	118	



Arnold Press Standards

Measured in lb

Arnold 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 Arnold Press standards are based on 134,531 lifts by Strength Level users



Male

Female

Male Arnold Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.10x
Novice	0.20x
Intermediate	0.30x
Advanced	0.45x
Elite	0.65x

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

BEGINNER

19 lb

INTERMEDIATE

54 lb

What is the average Arnold Press? The average Arnold Press weight for a male lifter is 54 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Arnold Press? Male beginners should aim to lift 19 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	9	20	35	55	78
120	11	22	39	59	83
130	13	25	42	63	87
140	15	27	45	67	92
150	16	30	48	71	96
160	18	32	51	74	100
170	20	34	54	77	104
180	21	36	56	81	108
190	23	38	59	84	112
200	25	41	61	87	115
210	26	43	64	90	118
220	28	44	66	93	122
230	29	46	69	95	125
240	31	48	71	98	128
250	32	50	73	101	131
260	34	52	75	103	134
270	35	54	77	106	137
280	36	55	79	108	139
290	38	57	82	110	142
300	39	59	83	113	144
310	40	60	85	115	



Face Pull Standards

Measured in lb

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

Compare With

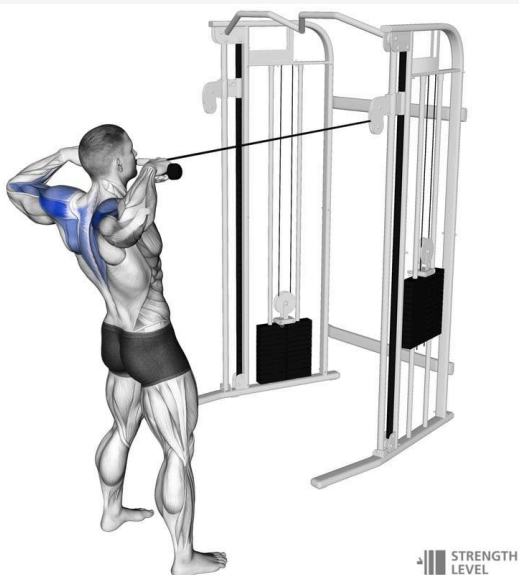
Exercise

Weight Unit

Pounds (lb)

Kilograms (kg)

Our community Face Pull standards are based on 114,452 lifts by Strength Level users



Male

Female

Male Face Pull Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level

Bodyweight Ratio

Beginner	0.15x
Novice	0.35x
Intermediate	0.60x
Advanced	0.90x
Elite	1.30x

How much should I be able to Face Pull? (lb)

BEGINNER

27 lb

INTERMEDIATE

101 lb

What is the average Face Pull? The average Face Pull weight for a male lifter is 101 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

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

By Weight and Age

By Bodyweight

By Age

110	10	30	62	105	156
120	13	35	69	114	167
130	16	40	76	123	178
140	20	45	82	131	188
150	23	49	88	139	197
160	26	54	94	146	206
170	29	58	100	154	215
180	32	63	106	161	223
190	35	67	112	168	231
200	38	71	117	174	239
210	41	76	122	181	247

220	44	80	128	187	254
230	47	84	133	193	261
240	50	87	137	199	268
250	53	91	142	204	274
260	56	95	147	210	281
270	59	99	151	215	287
280	62	102	156	221	293
290	64	106	160	226	299
300	67	109	164	231	305
310	70	113	169	236	



Neck Curl Standards

Measured in lb

Neck Curl 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 Neck Curl standards are based on 48,164 lifts by Strength Level users



Male

Female

Male Neck Curl Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.00x
Novice	0.25x
Intermediate	0.50x
Advanced	1.00x
Elite	1.75x

How much should I be able to Neck Curl? (lb)

BEGINNER

2 lb

INTERMEDIATE

82 lb

What is the average Neck Curl? The average Neck Curl weight for a male lifter is 82 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Neck Curl? Male beginners should aim to lift 2 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	0	16	64	142	247
120	0	18	67	148	254
130	0	20	71	153	261
140	1	22	74	158	268
150	1	24	78	163	274
160	2	25	81	168	280
170	2	27	84	172	286
180	2	29	87	176	291
190	3	30	89	180	296
200	3	32	92	184	301
210	4	33	95	187	305
220	4	35	97	191	310
230	5	36	99	194	314
240	5	38	102	197	318
250	6	39	104	201	322
260	7	40	106	204	326
270	7	42	108	207	330
280	8	43	110	209	333
290	8	44	112	212	337
300	9	45	114	215	340
310	9	47	116	217	



Dumbbell Upright Row Standards

Measured in lb

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

Compare With

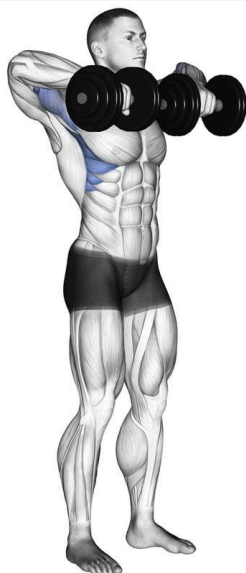
Exercise

Weight Unit

Pounds (lb)

Kilograms (kg)

Our community Dumbbell Upright Row standards are based on 44,729 lifts by Strength Level users



STRENGTH
LEVEL

Male

Female

Male Dumbbell Upright Row Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.05x
Novice	0.15x
Intermediate	0.35x
Advanced	0.55x
Elite	0.80x

How much should I be able to Dumbbell Upright Row? (lb)

BEGINNER

11 lb

INTERMEDIATE

57 lb

What is the average Dumbbell Upright Row? The average Dumbbell Upright Row weight for a male lifter is 57 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Dumbbell Upright Row? 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	2	11	29	56	90
120	3	14	34	62	98
130	5	17	38	68	105
140	6	20	43	74	112
150	8	23	47	80	119
160	10	26	51	85	126
170	12	29	55	91	132
180	13	32	59	96	138

190	15	35	63	101	144
200	17	38	67	106	150
210	19	40	71	110	156
220	21	43	75	115	161
230	23	46	78	119	166
240	25	49	82	124	172
250	27	51	85	128	177
260	29	54	89	132	181
270	31	57	92	136	186
280	33	59	95	140	191
290	35	62	99	144	195
300	36	64	102	148	200
310	38	67	105	151	



Machine Lateral Raise Standards

Measured in lb

Machine Lateral Raise 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 Machine Lateral Raise standards are based on 43,263 lifts by Strength Level users



Male

Female

Male Machine Lateral Raise Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.25x
Novice	0.50x
Intermediate	0.75x
Advanced	1.25x
Elite	1.50x

How much should I be able to Machine Lateral Raise? (lb)

BEGINNER

34 lb

INTERMEDIATE

126 lb

What is the average Machine Lateral Raise? The average Machine Lateral Raise weight for a male lifter is 126 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Machine Lateral Raise? Male beginners should aim to lift 34 lb (1RM) which is still impressive compared to the general population.

By Weight and Age

By Bodyweight

By Age

110	11	33	70	121	181
120	15	40	80	133	197
130	19	47	89	145	211
140	23	54	99	157	225
150	28	60	108	168	239
160	32	67	116	179	252
170	37	73	125	190	264
180	42	80	133	200	276
190	46	86	141	210	288
200	51	92	149	219	299
210	55	98	157	229	310
220	60	104	164	238	321
230	64	110	172	247	331
240	69	116	179	255	341
250	73	122	186	264	350
260	77	127	193	272	360
270	82	133	200	280	369
280	86	138	206	288	378
290	90	144	213	295	387
300	94	149	219	303	396
310	99	154	225	310	



Behind The Neck Press Standards

Measured in lb

Behind The Neck 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 Behind The Neck Press standards are based on 41,315 lifts by Strength Level users



Male

Female

Male Behind The Neck Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.25x

Novice	0.50x
Intermediate	0.75x
Advanced	1.25x
Elite	1.50x

How much should I be able to Behind The Neck Press? (lb)

BEGINNER

51 lb

INTERMEDIATE

143 lb

What is the average Behind The Neck Press? The average Behind The Neck Press weight for a male lifter is 143 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Behind The Neck Press? Male beginners should aim to lift 51 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	18	40	73	115	164
120	23	48	83	128	180
130	29	56	94	141	195
140	35	64	104	153	209
150	41	72	114	165	223
160	47	80	123	177	237
170	52	87	133	188	250
180	58	95	142	199	263
190	64	102	151	210	275
200	70	109	160	220	287
210	76	117	169	231	298

220	82	124	177	240	310
230	87	131	185	250	321
240	93	137	194	259	331
250	98	144	202	269	342
260	104	151	209	278	352
270	109	157	217	286	361
280	114	164	224	295	371
290	120	170	232	303	381
300	125	176	239	311	390
310	130	182	246	320	



Handstand Push Ups Standards

Measured in lb

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

Exercise

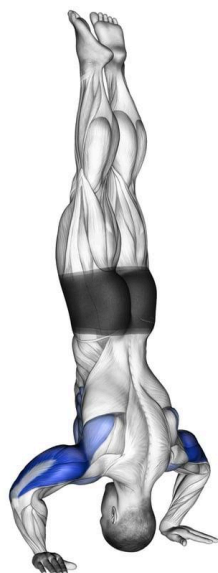
Weight Unit

Compare With

Pounds (lb)

Kilograms (kg)

Our community Handstand Push Ups standards are based on 40,900 lifts by Strength Level users



Male

Female

Male Handstand Push Ups Standards

Entire Community

Strength Level	Reps
Beginner	< 1
Novice	< 1
Intermediate	12
Advanced	31
Elite	51

How many reps of Handstand Push Ups should I be able to do?

INTERMEDIATE

12

ELITE

51

How many reps of Handstand Push Ups can the average lifter do? The average male lifter can do 12 reps of Handstand Push Ups. This makes you Intermediate on Strength Level and is a very impressive achievement.

Reps By Weight and Age

By Bodyweight

By Age

110	< 1	< 1	9	29	52
120	< 1	< 1	10	29	51
130	< 1	< 1	11	29	50
140	< 1	< 1	11	29	50
150	< 1	< 1	12	29	49
160	< 1	< 1	12	29	48
170	< 1	< 1	12	29	47
180	< 1	< 1	12	28	46
190	< 1	< 1	12	28	45
200	< 1	< 1	12	27	44
210	< 1	1	12	27	43
220	< 1	1	12	26	42
230	< 1	1	12	26	41
240	< 1	1	12	25	40
250	< 1	1	12	25	39
260	< 1	1	11	24	38
270	< 1	1	11	24	37
280	< 1	1	11	23	37
290	< 1	1	11	23	36
300	< 1	1	10	22	35
310	< 1	1	10	22	



Barbell Front Raise Standards

Measured in lb

Barbell Front Raise 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 Barbell Front Raise standards are based on 39,129 lifts by Strength Level users



Male

Female

Male Barbell Front Raise Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.05x
Novice	0.20x
Intermediate	0.50x

Advanced	0.90x
Elite	1.45x

How much should I be able to Barbell Front Raise? (lb)

BEGINNER

7 lb

INTERMEDIATE

84 lb

What is the average Barbell Front Raise? The average Barbell Front Raise weight for a male lifter is 84 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Barbell Front Raise? Male beginners should aim to lift 7 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	0	7	34	80	142
120	0	11	42	92	157
130	1	16	50	104	173
140	2	20	58	115	188
150	4	25	66	126	202
160	6	30	74	138	216
170	9	35	82	148	230
180	12	41	90	159	243
190	15	46	98	169	256
200	18	51	106	180	268
210	21	57	113	190	280
220	24	62	121	199	292
230	28	68	128	209	303
240	31	73	136	218	315

250	34	78	143	227	326
260	38	84	150	236	336
270	42	89	157	245	347
280	45	94	164	254	357
290	49	99	171	262	367
300	52	104	178	270	377
310	56	109	184	278	



Log Press Standards

Measured in lb

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

Exercise

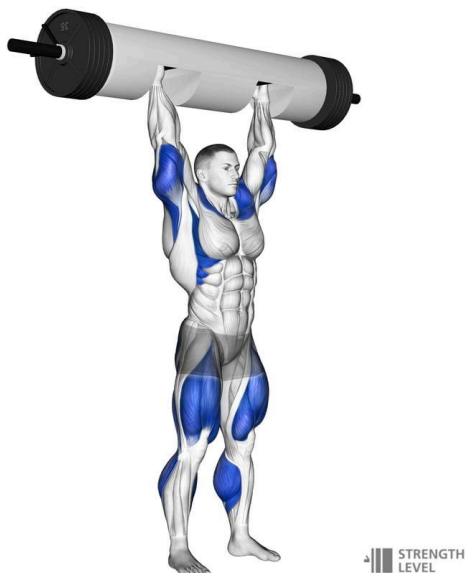
Weight Unit

Compare With

Pounds (lb)

Kilograms (kg)

Our community Log Press standards are based on 36,187 lifts by Strength Level users



Male

Female

Male Log Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.50x
Novice	0.75x
Intermediate	1.00x
Advanced	1.25x
Elite	1.75x

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

BEGINNER

97 lb

INTERMEDIATE

215 lb

What is the average Log Press? The average Log Press weight for a male lifter is 215 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Log Press? Male beginners should aim to lift 97 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	33	57	91	132	178
120	40	68	104	147	196
130	49	78	116	162	213
140	57	88	129	177	230
150	65	98	141	191	246
160	73	108	152	204	261
170	81	118	164	218	276
180	89	127	175	231	291
190	97	137	186	243	305
200	104	146	197	255	318
210	112	155	207	267	332
220	120	164	218	279	345
230	127	173	228	290	357
240	134	181	237	301	369
250	142	189	247	312	381
260	149	198	256	323	393
270	156	206	266	333	404
280	163	214	275	343	416
290	170	222	283	353	426
300	176	229	292	363	437
310	183	237	301	372	



Landmine Press Standards

Measured in lb

Landmine 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 Landmine Press standards are based on 26,922 lifts by Strength Level users



Male

Female

Male Landmine Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.20x
Novice	0.45x
Intermediate	0.70x
Advanced	1.10x
Elite	1.50x

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

BEGINNER

40 lb

INTERMEDIATE

127 lb

What is the average Landmine Press? The average Landmine Press weight for a male lifter is 127 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Landmine Press? Male beginners should aim to lift 40 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	19	44	83	133	192
120	22	50	90	142	203
130	26	55	97	151	214
140	30	60	104	160	224
150	33	65	111	168	233
160	37	70	117	175	242
170	40	75	123	183	251
180	43	79	129	190	259
190	47	84	135	197	268

200	50	88	140	204	275
210	53	93	145	210	283
220	56	97	151	216	290
230	60	101	156	222	297
240	63	105	161	228	304
250	66	109	165	234	310
260	69	112	170	239	317
270	71	116	174	245	323
280	74	120	179	250	329
290	77	123	183	255	335
300	80	127	187	260	340
310	83	130	192	265	



Neck Extension Standards

Measured in lb

Neck 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 Neck Extension standards are based on 25,482 lifts by Strength Level users



Male

Female

Male Neck Extension Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.00x
Novice	0.25x
Intermediate	0.50x
Advanced	1.00x
Elite	1.50x

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

BEGINNER

5 lb

INTERMEDIATE

86 lb

What is the average Neck Extension? The average Neck Extension weight for a male lifter is 86 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Neck Extension? Male beginners should aim to lift 5 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	0	7	39	96	174
120	0	11	46	107	189
130	0	14	54	118	204
140	1	18	61	129	217
150	2	22	68	139	231
160	3	26	75	149	243
170	4	30	82	159	256
180	6	34	89	168	267
190	8	39	95	177	279
200	10	43	102	186	290
210	12	47	108	195	301
220	14	51	114	203	311
230	16	55	121	211	321
240	19	59	127	219	331
250	21	63	133	227	341
260	23	68	139	235	350
270	26	72	144	242	359
280	28	76	150	250	368
290	31	80	156	257	377
300	33	83	161	264	385
310	35	87	166	271	



Z Press Standards

Measured in lb

Z 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 Z Press standards are based on 23,365 lifts by Strength Level users



Male

Female

Male Z Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level

Bodyweight Ratio

Beginner	0.30x
Novice	0.50x
Intermediate	0.70x
Advanced	0.95x
Elite	1.25x

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

BEGINNER

58 lb

INTERMEDIATE

127 lb

What is the average Z Press? The average Z Press weight for a male lifter is 127 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Z Press? Male beginners should aim to lift 58 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	28	48	75	108	144
120	33	55	83	117	156
130	38	61	91	127	166
140	43	68	99	136	177
150	48	74	106	145	187
160	53	80	113	153	196
170	58	85	120	161	205
180	63	91	127	169	214
190	67	97	134	176	222
200	72	102	140	184	231
210	76	107	146	191	239

220	81	113	152	197	246
230	85	118	158	204	254
240	89	123	164	211	261
250	93	127	169	217	268
260	97	132	175	223	275
270	101	137	180	229	282
280	105	141	185	235	288
290	109	146	190	241	294
300	113	150	195	246	301
310	116	155	200	252	



Viking Press Standards

Measured in lb

Viking Press 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 Viking Press standards are based on 22,355 lifts by Strength Level users



Male

Female

Male Viking Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.25x
Novice	0.75x
Intermediate	1.25x
Advanced	1.75x
Elite	2.50x

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

BEGINNER

72 lb

INTERMEDIATE

240 lb

What is the average Viking Press? The average Viking Press weight for a male lifter is 240 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Viking Press? Male beginners should aim to lift 72 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	48	100	172	258
120	22	59	116	192	283
130	29	70	131	212	307
140	36	81	146	231	330
150	44	92	161	250	352
160	52	103	176	268	373
170	60	114	190	285	394
180	68	125	204	302	414
190	76	136	218	319	434
200	84	147	231	335	452
210	92	157	244	351	471
220	100	167	257	366	488
230	107	178	270	381	506
240	115	188	282	396	523
250	123	198	294	410	539
260	131	207	306	424	555
270	138	217	318	438	571
280	146	226	329	451	586
290	153	236	340	464	601
300	161	245	351	477	615
310	168	254	362	490	



Shoulder Pin Press Standards

Measured in lb

Shoulder Pin 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 Shoulder Pin Press standards are based on 21,167 lifts by Strength Level users



Male

Female

Male Shoulder Pin Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.35x
Novice	0.55x
Intermediate	0.85x
Advanced	1.15x
Elite	1.50x

How much should I be able to Shoulder Pin Press? (lb)

BEGINNER

65 lb

INTERMEDIATE

149 lb

What is the average Shoulder Pin Press? The average Shoulder Pin Press weight for a male lifter is 149 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Shoulder Pin Press? Male beginners should aim to lift 65 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	29	51	80	117	158
120	35	59	91	130	173
130	41	67	101	142	187
140	48	76	111	154	201
150	54	84	121	165	214
160	61	92	130	176	226
170	67	99	140	187	238
180	74	107	149	197	250
190	80	114	158	208	262

200	86	122	166	217	273
210	92	129	175	227	283
220	98	136	183	236	294
230	104	143	191	245	304
240	110	150	198	254	314
250	115	156	206	263	323
260	121	163	214	271	333
270	126	169	221	279	342
280	132	176	228	287	351
290	137	182	235	295	359
300	142	188	242	303	368
310	148	194	249	311	



Dumbbell Z Press Standards

Measured in lb

Dumbbell Z 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 Dumbbell Z Press standards are based on 19,325 lifts by Strength Level users



Male

Female

Male Dumbbell Z Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.10x
Novice	0.20x
Intermediate	0.35x
Advanced	0.55x
Elite	0.75x

How much should I be able to Dumbbell Z Press? (lb)

BEGINNER

19 lb

INTERMEDIATE

61 lb

What is the average Dumbbell Z Press? The average Dumbbell Z Press weight for a male lifter is 61 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Dumbbell Z Press? Male beginners should aim to lift 19 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	8	19	35	57	83
120	10	22	40	63	89
130	12	25	44	68	96
140	15	29	48	73	102
150	17	32	53	78	108
160	19	35	57	83	114
170	21	38	60	88	119
180	24	41	64	93	125
190	26	44	68	97	130
200	28	47	72	101	135
210	31	50	75	106	139
220	33	53	79	110	144
230	35	55	82	114	149
240	37	58	85	117	153
250	39	61	88	121	157
260	41	63	92	125	161
270	43	66	95	128	166
280	45	68	98	132	170
290	47	71	101	135	173
300	49	73	103	139	177
310	51	76	106	142	



Dumbbell External Rotation Standards

Measured in lb

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

Compare With

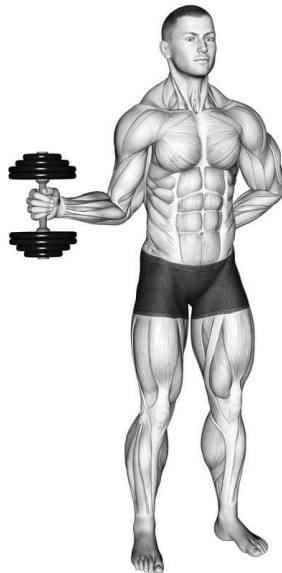
Exercise

Weight Unit

Pounds (lb)

Kilograms (kg)

Our community Dumbbell External Rotation standards are based on 7,976 lifts by Strength Level users



STRENGTH
LEVEL

Male

Female

Male Dumbbell External Rotation Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.05x
Novice	0.10x
Intermediate	0.20x
Advanced	0.35x
Elite	0.50x

How much should I be able to Dumbbell External Rotation? (lb)

BEGINNER

9 lb

INTERMEDIATE

37 lb

What is the average Dumbbell External Rotation? The average Dumbbell External Rotation weight for a male lifter is 37 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Dumbbell External Rotation? 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	4	11	24	42	64
120	5	13	27	45	67
130	5	15	29	48	71
140	6	16	31	51	75
150	7	18	33	54	78
160	8	19	35	56	81
170	9	21	37	59	84
180	10	22	39	61	87

190	11	24	41	64	90
200	12	25	43	66	92
210	13	26	45	68	95
220	14	28	47	70	97
230	15	29	48	72	100
240	16	30	50	74	102
250	17	32	51	76	104
260	18	33	53	78	107
270	19	34	55	80	109
280	20	35	56	82	111
290	21	36	57	84	113
300	21	37	59	85	115
310	22	39	60	87	



One Arm Landmine Press Standards

Measured in lb

One Arm Landmine 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 One Arm Landmine Press standards are based on 7,752 lifts by Strength Level users



Male

Female

Male One Arm Landmine Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.10x
Novice	0.20x
Intermediate	0.35x
Advanced	0.50x
Elite	0.70x

How much should I be able to One Arm Landmine Press? (lb)

BEGINNER

20 lb

INTERMEDIATE

60 lb

What is the average One Arm Landmine Press? The average One Arm Landmine Press weight for a male lifter is 60 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good One Arm Landmine Press? Male beginners should aim to lift 20 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	8	19	35	57	81
120	10	22	40	62	88
130	13	25	44	67	94
140	15	29	48	72	100
150	17	32	52	77	105
160	19	35	56	81	111
170	21	38	59	86	116
180	24	40	63	90	121
190	26	43	66	94	126
200	28	46	70	98	130
210	30	49	73	102	135
220	32	51	76	106	139
230	34	54	79	110	143
240	36	56	82	113	148
250	38	59	85	117	152
260	40	61	88	120	156
270	42	64	91	124	159
280	44	66	94	127	163
290	46	68	97	130	167
300	48	71	99	133	170
310	50	73	102	136	



Dumbbell Push Press Standards

Measured in lb

Dumbbell Push 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 Dumbbell Push Press standards are based on 6,993 lifts by Strength Level users



STRENGTH
LEVEL

Male

Female

Male Dumbbell Push Press Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.10x
Novice	0.25x
Intermediate	0.40x
Advanced	0.60x
Elite	0.80x

How much should I be able to Dumbbell Push Press? (lb)

BEGINNER

22 lb

INTERMEDIATE

70 lb

What is the average Dumbbell Push Press? The average Dumbbell Push Press 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 Dumbbell Push Press? Male beginners should aim to lift 22 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	9	21	40	65	95
120	11	25	45	71	102
130	13	28	49	77	109
140	15	31	54	82	115
150	18	34	58	87	121
160	20	38	62	92	127
170	22	41	66	97	133
180	25	44	70	102	138

190	27	47	74	106	143
200	29	50	77	111	148
210	31	52	81	115	153
220	33	55	84	119	158
230	35	58	87	123	163
240	37	61	91	127	167
250	40	63	94	131	171
260	42	66	97	134	176
270	44	68	100	138	180
280	46	71	103	141	184
290	48	73	106	145	188
300	49	76	109	148	191
310	51	78	112	151	



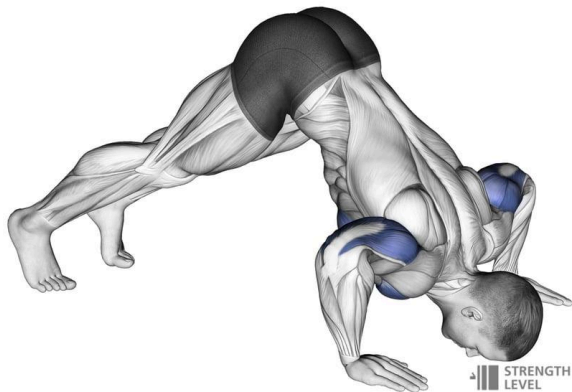
Pike Push Up Standards

Measured in lb

Pike Push Up 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 Pike Push Up standards are based on 6,949 lifts by Strength Level users



Male

Female

Male Pike Push Up Standards

Entire Community

Strength Level	Reps
Beginner	< 1
Novice	6
Intermediate	19
Advanced	36
Elite	54

How many reps of Pike Push Up should I be able to do?

INTERMEDIATE

19

ELITE

54

How many reps of Pike Push Up can the average lifter do? The average male lifter can do 19 reps of Pike Push Up. This makes you Intermediate on Strength Level and is a very impressive achievement.

Reps By Weight and Age

By Bodyweight

By Age

110	< 1	4	18	37	57
120	< 1	6	19	37	56
130	< 1	6	19	36	55
140	< 1	7	20	36	53
150	< 1	7	20	35	52
160	< 1	7	20	35	51
170	< 1	8	19	34	50
180	< 1	8	19	33	48
190	< 1	8	19	33	47
200	< 1	8	19	32	46
210	< 1	8	18	31	45
220	< 1	8	18	30	44
230	< 1	8	17	30	43
240	< 1	8	17	29	42
250	< 1	7	17	28	41
260	< 1	7	16	28	40
270	< 1	7	16	27	39
280	< 1	7	16	26	38
290	< 1	7	15	26	37
300	< 1	7	15	25	36
310	< 1	6	14	24	



Dumbbell Face Pull Standards

Measured in lb

Dumbbell Face Pull 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 Face Pull standards are based on 6,710 lifts by Strength Level users



STRENGTH LEVEL

Male

Female

Male Dumbbell Face Pull Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.05x
Novice	0.15x
Intermediate	0.30x

Advanced	0.45x
Elite	0.65x

How much should I be able to Dumbbell Face Pull? (lb)

BEGINNER

11 lb

INTERMEDIATE

46 lb

What is the average Dumbbell Face Pull? The average Dumbbell Face Pull 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 Dumbbell Face Pull? 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	4	14	29	50	76
120	6	16	32	55	81
130	7	18	35	59	86
140	8	20	38	62	91
150	10	22	41	66	95
160	11	25	44	70	99
170	12	27	47	73	103
180	14	29	50	76	107
190	15	31	52	80	111
200	17	32	55	83	115
210	18	34	57	86	118
220	19	36	59	89	122
230	21	38	62	91	125

240	22	40	64	94	128
250	23	42	66	97	131
260	25	43	68	99	134
270	26	45	71	102	137
280	27	47	73	104	140
290	28	48	75	107	143
300	29	50	77	109	146
310	31	51	78	111	



Cable External Rotation Standards

Measured in lb

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

Exercise

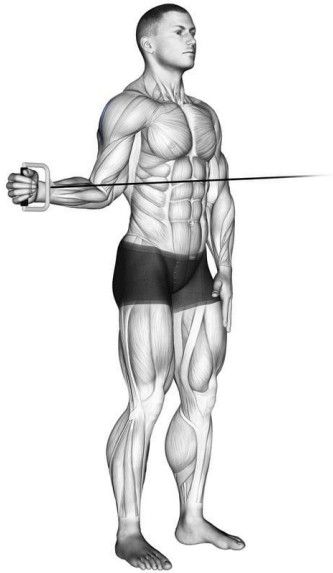
Weight Unit

Compare With

Pounds (lb)

Kilograms (kg)

Our community Cable External Rotation standards are based on 4,099 lifts by Strength Level users



Male

Female

Male Cable External Rotation Standards (lb)

Entire Community

Weight

Bodyweight Ratio

Strength Level	Bodyweight Ratio
Beginner	0.05x
Novice	0.10x
Intermediate	0.25x
Advanced	0.45x
Elite	0.65x

How much should I be able to Cable External Rotation? (lb)

BEGINNER

5 lb

INTERMEDIATE

41 lb

What is the average Cable External Rotation? The average Cable External Rotation weight for a male lifter is 41 lb (1RM). This makes you Intermediate on Strength Level and is a very impressive lift.

What is a good Cable External Rotation? Male beginners should aim to lift 5 lb (1RM) which is still impressive compared to the general population.

By Weight and Age

By Bodyweight

By Age

110	1	9	25	50	82
120	2	11	28	55	87
130	3	13	31	58	92
140	3	14	34	62	97
150	4	16	37	66	101
160	5	18	39	69	106
170	6	19	42	73	110
180	7	21	44	76	114
190	8	23	47	79	117
200	9	24	49	82	121
210	10	26	51	85	125
220	11	28	53	88	128
230	12	29	55	90	131
240	13	31	58	93	135
250	14	32	60	95	138
260	15	34	62	98	141
270	16	35	64	100	144
280	17	36	65	103	146
290	18	38	67	105	149
300	18	39	69	107	152
310	19	41	71	110	