

Squat - Adult Male Strength Standards*

Kilograms (Pounds)					
Body Weight	Untrained	Beginner	Intermediate	Advanced	Elite
52 (114)	35.0(80)	65.0 (145)	80.0 (175)	107.5 (240)	145.0 (320)
56 (123)	37.5 (85)	70.0 (155)	87.5 (190)	117.5 (260)	157.5 (345)
60 (132)	40.0 (90)	77.5 (170)	92.5 (205)	127.5 (280)	167.5 (370)
67 (148)	45.0 (100)	85.0 (190)	105.0 (230)	142.5 (315)	185.0 (410)
75 (165)	50.0 (110)	92.5 (205)	112.5 (250)	155.0 (340)	202.5 (445)
82 (181)	55.0 (120)	100.0 (220)	122.5 (270)	167.5 (370)	217.5 (480)
90 (198)	57.5 (125)	105.0 (230)	130.0 (285)	177.5 (390)	230.0 (505)
100 (220)	60.0 (130)	110.0 (245)	135.0 (300)	185.0 (410)	240.0 (530)
110 (242)	62.5 (135)	115.0 (255)	140.0 (310)	192.5 (425)	250.0 (550)
125 (275)	65.0 (140)	117.5 (260)	145.0 (320)	197.5 (435)	257.5 (570)
145 (319)	67.5 (145)	122.5 (270)	147.5 (325)	202.5 (445)	262.5 (580)
>145 (320+)	70.0 (150)	125.0 (275)	150.0 (330)	207.5 (455)	270.0 (595)

*For these standards to be valid the thighs must travel below parallel to the floor.