

Table 1. Strength to Weight Factors for Men

	High School	U 23	Club	National	Olympic
Squat	1.0	1.3	1.4	1.7	1.9
Deadlift	1.0	1.3	1.4	1.7	1.9
Bench Pull	0.7	0.9	1.05	1.2	1.3

Table 2. Strength to Weight Factors for Women

	High School	U 23	Club	National	Olympic
Squat	0.8	1.0	1.25	1.4	1.6
Deadlift	0.8	1.0	1.25	1.4	1.6
Bench Pull	0.6	0.8	0.95	1.1	1.2

Using the Tables

To use the table take your body weight and multiply it by the appropriate factor. For instance if you were a 200 lb. Male club rower you should be able to bench pull 210 lbs. one time (200 lb. Bodyweight x 1.05 = 210). These tables are appropriate for rowers