

Comparison of strength standards for women (60kg)

		Squat			Deadlift			Bench			Overhead Press			Pushups	Dips	Pullups		
Level 0		lbs	kg	Measure	lbs	kg	Measure	lbs	kg	Measure	lbs	kg	Measure				Level 0	
Kilgore	Untrained	59	27		74	34		64	29		40	18					Untrained	Kilgore
Level 1																	Level 1	
Kilgore	Novice	110	50		127	58		82	37		55	25					Novice	Kilgore
Crossfit	Beginner	n/a	0	50 free squats	99	45	0.75 x bw	n/a	0	10 pushups	33	15	0.25 x bw	10	3	3 (kipping)	Beginner	Crossfit
Level 2																	Level 2	
T-Nation	Decent	99	45	0.75 x bw	132	60	1 x bw	66	30	0.5 x bw	45	20		5	1	1	Decent	T-Nation
Kilgore	Intermediate	127	58		159	72		95	43		65	30					Intermediate	Kilgore
Crossfit	Intermediate	132	60	1 x bw	198	90	1.5 x bw	132	60	1 x bw	66	30	0.5 x bw	30	20	20 (kipping)	Intermediate	Crossfit
Level 3																	Level 3	
T-Nation	Good	165	75	1.25 x bw	198	90	1.5 x bw	99	45	0.75 x bw	65	30		25	15	5	Good	T-Nation
Kilgore	Advanced	168	76		220	100		122	55		85	39					Advanced	Kilgore
Crossfit	Advanced	198	90	1.5 x bw	264	120	2 x bw	165	75	1.25 x bw	99	45	0.75 x bw	40 (rings)	30 (rings)	40 (kipping)	Advanced	Crossfit
Level 4																	Level 4	
T-Nation	Great	264	120	2 x bw	264	120	2 x bw	132	60	1 x bw	95	43		50	30	12	Great	T-Nation
Kilgore	Elite	211	96		273	124		150	68		110	50					Elite	Kilgore
Crossfit	Elite	264	120	2 x bw	330	150	2.5 x bw	198	90	1.5 x bw	132	60	1 x bw	60 (rings)	50 (rings)	40 (dead hang)	Elite	Crossfit

Standards used

1. *Kilgore* - Lon Kilgore, quoted on exrx.net (also in Practical Programming - Rippetoe & Kilgore)
2. *Crossfit* - Crossfit North Athletic Skill Standards
3. *T-Nation* - Tim Henriques article on T-Nation, 'Are You Strong?'

Notes

1. Where weights are relevant to sex and bodyweight, the standards used are for a female of 132lbs or 60kg.
2. Unless otherwise specified, weight is one rep max
3. The Crossfit standards are for both women and men. The Kilgore and T-Nation standards are women only.
4. Kilgore and Crossfit specify 4 levels of training but T-Nation specifies 3 levels. The T-Nation second level (good) has been put with the others' third level (advanced).