

DB IRON TIGER STANDARDS

POINTS	SQUAT	CLEAN	BENCH	SBJ	L-DRILL	VJ	SHUTTLE	40 YD	BODY FAT	RATING
100	550	375	385	11'	6.6	42	4	4.31	4.1	SUPERIOR
98.5	540	370	380	10'10"	6.62	41.5	4.03	4.33	4.5	
97	530	365	375	10'9"	6.64	41	4.05	4.35	4.8	
95.5	520	360	370	10'8"	6.66	40.5	4.08	4.37	5.2	
94	510	355	365	10'7"	6.68	40	4.1	4.39	5.5	
92.5	500	350	360	10'6"	6.7	39.5	4.13	4.41	5.8	EXCELLENT
91	490	345	355	10'5"	6.72	39	4.15	4.43	6	
89.5	480	340	350	10'4"	6.74	38.5	4.18	4.45	6.3	
88	470	335	345	10'3"	6.76	38	4.2	4.47	6.7	
86.5	460	330	340	10'2"	6.78	37.5	4.23	4.49	7	
85	450	325	335	10'1"	6.8	37	4.25	4.51	7.4	GOOD
83.5	440	320	330	10'	6.82	36.5	4.28	4.53	7.7	
82	430	315	325	9'11"	6.84	36	4.3	4.55	8	
80.5	420	310	320	9'10"	6.86	35.5	4.33	4.57	8.4	
79	410	305	315	9'9"	6.88	35	4.35	4.59	8.7	
77.5	400	300	310	9'8"	6.9	34.5	4.38	4.61	9.1	AVERAGE
76	390	295	305	9'7"	6.92	34	4.4	4.63	9.4	
74.5	380	290	300	9'6"	6.94	33.5	4.43	4.65	9.7	
73	370	285	295	9'5"	6.96	33	4.45	4.67	10.1	
71.5	360	280	290	9'4"	6.98	32.5	4.48	4.69	10.4	
70	350	275	285	9'3"	7	32	4.5	4.71	10.8	BELOW AVERAGE
68.5	340	270	280	9'2"	7.02	31.5	4.53	4.73	11.1	
67	330	265	275	9'1"	7.04	31	4.55	4.75	11.4	
65.5	320	260	270	9'	7.06	30.5	4.58	4.77	11.8	
64	310	255	265	8'11"	7.08	30	4.6	4.79	12.1	
62.5	300	250	260	8'10"	7	29.5	4.63	4.81	12.5	POOR
61	290	245	255	8'9"	7.12	29	4.65	4.83	12.8	
59.5	280	240	250	8'8"	7.14	28.5	4.68	4.85	13.1	
58	270	235	245	8'7"	7.16	28	4.7	4.87	13.5	
56.5	260	230	240	8'6"	7.18	27.5	4.73	4.89	13.8	
55	250	225	235	8'5"	7.2	27	7.75	4.91	14.2	
53.5	240	220	230	8'4"	7.22	26.5	4.78	4.93	14.5	
52	230	215	225	8'3"	7.24	26	4.8	4.95	14.8	
50.5	220	210	220	8'2"	7.26	25.5	4.83	4.97	15.2	
49	210	205	215	8'1"	7.28	25	4.85	4.99	15.5	
47.5	200	200	210	8'	7.3	24.5	4.88	5.01	15.9	
46	190	195	205	7'11"	7.32	24	4.9	5.03	16.2	
44.5	180	190	200	7'10"	7.34	23.5	4.93	5.05	16.5	
43	175	185	195	7'9"	7.36	23	4.95	5.07	16.9	
41.5	170	180	190	7'8"	7.38	22.5	4.98	5.09	17.2	
40	165	175	185	7'7"	7.4	22	5	5.11	17.6	
38.5	160	170	180	7'6"	7.42	21.5	5.03	5.13	17.9	
37	155	165	175	7'5"	7.44	21	5.05	5.15	18.2	
35.5	150	160	170	7'4"	7.46	20.5	5.08	5.17	18.6	
34	145	155	165	7'3"	7.48	20	5.1	5.19	18.9	
32.5	140	150	160	7'2"	7.5	19.5	5.13	5.21	19.3	
31	135	145	155	7'1"	7.52	19	5.15	5.23	19.6	