

DL IRON TIGER STANDARDS

| POINTS | SQUAT | CLEAN | BENCH | SBJ | L-DRILL | VJ | SHUTTLE | 40 YD | BODY FAT | RATING |
|--------|-------|-------|-------|-------|---------|------|---------|-------|----------|---------------|
| 100 | 650 | 400 | 475 | 10' | 7 | 36 | 4.25 | 4.65 | 12.1 | SUPERIOR |
| 98.5 | 640 | 395 | 470 | 9'11" | 7.02 | 35.5 | 4.28 | 4.67 | 12.5 | |
| 97 | 630 | 390 | 465 | 9'10" | 7.04 | 35 | 4.3 | 4.69 | 12.8 | |
| 95.5 | 620 | 385 | 460 | 9'9" | 7.06 | 34.5 | 4.33 | 4.71 | 13.1 | |
| 94 | 610 | 380 | 455 | 9'8" | 7.08 | 34 | 4.35 | 4.73 | 13.5 | |
| 92.5 | 600 | 375 | 450 | 9'7" | 7 | 33.5 | 4.38 | 4.75 | 13.8 | EXCELLENT |
| 91 | 590 | 370 | 445 | 9'6" | 7.12 | 33 | 4.4 | 4.77 | 14.2 | |
| 89.5 | 580 | 365 | 440 | 9'5" | 7.14 | 32.5 | 4.43 | 4.79 | 14.5 | |
| 88 | 570 | 360 | 435 | 9'4" | 7.16 | 32 | 4.45 | 4.81 | 14.8 | |
| 86.5 | 560 | 355 | 430 | 9'3" | 7.18 | 31.5 | 4.48 | 4.83 | 15.2 | |
| 85 | 550 | 350 | 425 | 9'2" | 7.2 | 31 | 4.5 | 4.85 | 15.5 | GOOD |
| 83.5 | 540 | 345 | 420 | 9'1" | 7.22 | 30.5 | 4.53 | 4.87 | 15.9 | |
| 82 | 530 | 340 | 415 | 9' | 7.24 | 30 | 4.55 | 4.89 | 16.2 | |
| 80.5 | 520 | 335 | 410 | 8'11" | 7.26 | 29.5 | 4.58 | 4.91 | 16.5 | |
| 79 | 510 | 330 | 405 | 8'10" | 7.28 | 29 | 4.6 | 4.93 | 16.9 | |
| 77.5 | 500 | 325 | 400 | 8'9" | 7.3 | 28.5 | 4.63 | 4.95 | 17.2 | AVERAGE |
| 76 | 490 | 320 | 395 | 8'8" | 7.32 | 28 | 4.65 | 4.97 | 17.6 | |
| 74.5 | 480 | 315 | 390 | 8'7" | 7.34 | 27.5 | 4.68 | 4.99 | 17.9 | |
| 73 | 470 | 310 | 385 | 8'6" | 7.36 | 27 | 4.7 | 5.01 | 18.2 | |
| 71.5 | 460 | 305 | 380 | 8'5" | 7.38 | 26.5 | 4.73 | 5.03 | 18.6 | |
| 70 | 450 | 300 | 375 | 8'4" | 7.4 | 26 | 4.75 | 5.05 | 18.9 | BELOW AVERAGE |
| 68.5 | 440 | 295 | 370 | 8'3" | 7.42 | 25.5 | 4.78 | 5.07 | 19.3 | |
| 67 | 430 | 290 | 365 | 8'2" | 7.44 | 25 | 4.8 | 5.09 | 19.6 | |
| 65.5 | 420 | 285 | 360 | 8'1" | 7.46 | 24.5 | 4.83 | 5.11 | 20 | |
| 64 | 410 | 280 | 355 | 8' | 7.48 | 24 | 4.85 | 5.13 | 20.3 | |
| 62.5 | 400 | 275 | 350 | 7'11" | 7.5 | 23.5 | 4.88 | 5.15 | 20.7 | POOR |
| 61 | 390 | 270 | 345 | 7'10" | 7.52 | 23 | 4.9 | 5.17 | 21 | |
| 59.5 | 380 | 265 | 340 | 7'9" | 7.54 | 22.5 | 4.93 | 5.19 | 21.4 | |
| 58 | 370 | 260 | 335 | 7'8" | 7.56 | 22 | 4.95 | 5.21 | 21.7 | |
| 56.5 | 360 | 255 | 330 | 7'7" | 7.58 | 21.5 | 4.98 | 5.23 | 22.1 | |
| 55 | 350 | 250 | 325 | 7'6" | 7.6 | 21 | 5 | 5.25 | 22.4 | |
| 53.5 | 340 | 245 | 320 | 7'5" | 7.62 | 20.5 | 5.03 | 5.27 | 22.8 | |
| 52 | 330 | 240 | 315 | 7'4" | 7.64 | 20 | 5.05 | 5.29 | 23.1 | |
| 50.5 | 320 | 235 | 310 | 7'3" | 7.66 | 19.5 | 5.08 | 5.31 | 23.5 | |
| 49 | 310 | 230 | 305 | 7'2" | 7.68 | 19 | 5.1 | 5.33 | 23.8 | |
| 47.5 | 300 | 225 | 300 | 7'1" | 7.7 | 18.5 | 5.13 | 5.35 | 24.2 | |
| 46 | 290 | 220 | 295 | 7' | 7.72 | 18 | 5.16 | 5.37 | 24.5 | |
| 44.5 | 280 | 215 | 290 | 6'11" | 7.74 | 17.5 | 5.18 | 5.39 | 24.9 | |
| 43 | 270 | 210 | 285 | 6'10" | 7.76 | 17 | 5.21 | 5.41 | 25.2 | |
| 41.5 | 260 | 205 | 280 | 6'9" | 7.78 | 16.5 | 5.23 | 5.43 | 25.6 | |
| 40 | 250 | 200 | 275 | 6'8" | 7.8 | 16 | 5.26 | 5.45 | 25.9 | |
| 38.5 | 240 | 195 | 270 | 6'7" | 7.82 | 15.5 | 5.28 | 5.47 | 26.3 | |
| 37 | 230 | 190 | 265 | 6'6" | 7.84 | 15 | 5.31 | 5.49 | 26.7 | |
| 35.5 | 225 | 185 | 260 | 6'5" | 7.86 | 14.5 | 5.33 | 5.51 | 27 | |
| 34 | 220 | 180 | 255 | 6'4" | 7.88 | 14 | 5.36 | 5.53 | 27.4 | |
| 32.5 | 215 | 175 | 250 | 6'3" | 7.9 | 13.5 | 5.38 | 5.55 | 27.7 | |
| 31 | 210 | 170 | 245 | 6'2" | 7.92 | 13 | 5.41 | 5.57 | 28.1 | |