

QB IRON TIGER STANDARDS

POINTS	SQUAT	CLEAN	BENCH	SBJ	L-DRILL	VJ	SHUTTLE	40 YD	BODY FAT	RATING
100	500	350	360	10'5"	6.7	36.5	4	4.57	6	SUPERIOR
98.5	490	345	355	10'4"	6.72	36	4.03	4.59	6.3	
97	480	340	350	10'3"	6.74	35.5	4.05	4.61	6.7	
95.5	470	335	345	10'2"	6.76	35	4.08	4.63	7	
94	460	330	340	10'1"	6.78	34.5	4.1	4.65	7.4	
92.5	450	325	335	10'	6.8	34	4.13	4.67	7.7	EXCELLENT
91	440	320	330	9'11"	6.82	33.5	4.15	4.69	8	
89.5	430	315	325	9'10"	6.84	33	4.18	4.71	8.4	
88	420	310	320	9'9"	6.86	32.5	4.2	4.73	8.7	
86.5	410	305	315	9'8"	6.88	32	4.23	4.75	9.1	
85	400	300	310	9'7"	6.9	31.5	4.25	4.77	9.4	GOOD
83.5	390	295	305	9'6"	6.92	31	4.28	4.79	9.7	
82	380	290	300	9'5"	6.94	30.5	4.3	4.81	10.1	
80.5	370	285	295	9'4"	6.96	30	4.33	4.83	10.4	
79	360	280	290	9'3"	6.98	29.5	4.35	4.85	10.8	
77.5	350	275	285	9'2"	7	29	4.38	4.87	11.1	AVERAGE
76	340	270	280	9'1"	7.02	28.5	4.4	4.89	11.4	
74.5	330	265	275	9'	7.04	28	4.43	4.91	11.8	
73	320	260	270	8'11"	7.06	27.5	4.45	4.93	12.1	
71.5	310	255	265	8'10"	7.08	27	4.48	4.95	12.5	
70	300	250	260	8'9"	7	26.5	4.5	4.97	12.8	BELOW AVERAGE
68.5	290	245	255	8'8"	7.12	26	4.53	4.99	13.1	
67	280	240	250	8'7"	7.14	25.5	4.55	5.01	13.5	
65.5	270	235	245	8'6"	7.16	25	4.58	5.03	13.8	
64	260	230	240	8'5"	7.18	24.5	4.6	5.05	14.2	
62.5	250	225	235	8'4"	7.2	24	4.63	5.07	14.5	POOR
61	240	220	230	8'3"	7.22	23.5	4.65	5.09	14.8	
59.5	230	215	225	8'2"	7.24	23	4.68	5.11	15.2	
58	220	210	220	8'1"	7.26	22.5	4.7	5.13	15.5	
56.5	210	205	215	8'	7.28	22	4.73	5.15	15.9	
55	200	200	210	7'11"	7.3	21.5	4.75	5.17	16.2	
53.5	190	195	205	7'10"	7.32	21	4.78	5.19	16.5	
52	180	190	200	7'9"	7.34	20.5	4.8	5.21	16.9	
50.5	170	185	195	7'8"	7.36	20	4.83	5.23	17.2	
49	160	180	190	7'7"	7.38	19.5	4.85	5.25	17.6	
47.5	150	175	185	7'6"	7.4	19	4.88	5.27	17.9	
46	140	170	180	7'5"	7.42	18.5	4.9	5.29	18.2	
44.5	135	165	175	7'4"	7.44	18	4.93	5.31	18.6	
43	130	160	170	7'3"	7.46	17.5	4.95	5.33	18.9	
41.5	125	155	165	7'2"	7.48	17	4.98	5.35	19.3	
40	120	150	160	7'1"	7.5	16.5	5	5.37	19.6	
38.5	115	145	155	7'	7.52	16	5.03	5.39	20	
37	110	140	150	6'11"	7.54	15.5	5.05	5.41	20.3	
35.5	105	135	145	6'10"	7.56	15	5.08	5.43	20.7	
34	100	130	140	6'9"	7.58	14.5	5.1	5.45	21	
32.5	95	125	135	6'8"	7.6	14	5.13	5.47	21.4	
31	90	120	130	6'7"	7.62	13.5	5.15	5.49	21.7	