

# RB IRON TIGER STANDARDS

POINTS	SQUAT	CLEAN	BENCH	SBJ	L-DRILL	VJ	SHUTTLE	40 YD	BODY FAT	RATING
100	550	380	400	11'	6.6	42	4	4.39	4.5	SUPERIOR
98.5	540	375	395	10'10"	6.62	41.5	4.03	4.41	4.8	
97	530	370	390	10'9"	6.64	41	4.05	4.43	5.2	
95.5	520	365	385	10'8"	6.66	40.5	4.08	4.45	5.5	
94	510	360	380	10'7"	6.68	40	4.1	4.47	5.8	
92.5	500	355	375	10'6"	6.7	39.5	4.13	4.49	6	EXCELLENT
91	490	350	370	10'5"	6.72	39	4.15	4.51	6.3	
89.5	480	345	365	10'4"	6.74	38.5	4.18	4.53	6.7	
88	470	340	360	10'3"	6.76	38	4.2	4.55	7	
86.5	460	335	355	10'2"	6.78	37.5	4.23	4.57	7.4	
85	450	330	350	10'1"	6.8	37	4.25	4.59	7.7	GOOD
83.5	440	325	345	10'	6.82	36.5	4.28	4.61	8	
82	430	320	340	9'11"	6.84	36	4.3	4.63	8.4	
80.5	420	315	335	9'10"	6.86	35.5	4.33	4.65	8.7	
79	410	310	330	9'9"	6.88	35	4.35	4.67	9.1	
77.5	400	305	325	9'8"	6.9	34.5	4.38	4.69	9.4	AVERAGE
76	390	300	320	9'7"	6.92	34	4.4	4.71	9.7	
74.5	380	295	315	9'6"	6.94	33.5	4.43	4.73	10.1	
73	370	290	310	9'5"	6.96	33	4.45	4.75	10.4	
71.5	360	285	305	9'4"	6.98	32.5	4.48	4.77	10.8	
70	350	280	300	9'3"	7	32	4.5	4.79	11.1	BELOW AVERAGE
68.5	340	275	295	9'2"	7.02	31.5	4.53	4.81	11.4	
67	330	270	290	9'1"	7.04	31	4.55	4.83	11.8	
65.5	320	265	285	9'	7.06	30.5	4.58	4.85	12.1	
64	310	260	280	8'11"	7.08	30	4.6	4.87	12.5	
62.5	300	255	275	8'10"	7	29.5	4.63	4.89	12.8	POOR
61	290	250	270	8'9"	7.12	29	4.65	4.91	13.1	
59.5	280	245	265	8'8"	7.14	28.5	4.68	4.93	13.5	
58	270	240	260	8'7"	7.16	28	4.7	4.95	13.8	
56.5	260	235	255	8'6"	7.18	27.5	4.73	4.97	14.2	
55	250	230	250	8'5"	7.2	27	4.75	4.99	14.5	
53.5	240	225	245	8'4"	7.22	26.5	4.78	5.01	14.8	
52	230	220	240	8'3"	7.24	26	4.8	5.03	15.2	
50.5	225	215	235	8'2"	7.26	25.5	4.83	5.05	15.5	
49	220	210	230	8'1"	7.28	25	4.85	5.07	15.9	
47.5	215	205	225	8'	7.3	24.5	4.88	5.09	16.2	
46	210	200	220	7'11"	7.32	24	4.9	5.11	16.5	
44.5	205	195	215	7'10"	7.34	23.5	4.93	5.13	16.9	
43	200	190	210	7'9"	7.36	23	4.95	5.15	17.2	
41.5	195	185	205	7'8"	7.38	22.5	4.98	5.17	17.6	
40	190	180	200	7'7"	7.4	22	5	5.19	17.9	
38.5	185	175	195	7'6"	7.42	21.5	5.03	5.21	18.2	
37	180	170	190	7'5"	7.44	21	5.05	5.23	18.6	
35.5	175	165	185	7'4"	7.46	20.5	5.08	5.25	18.9	
34	170	160	180	7'3"	7.48	20	5.1	5.27	19.3	
32.5	165	155	175	7'2"	7.5	19.5	5.13	5.29	19.6	
31	160	150	170	7'1"	7.52	19	5.15	5.31	20	