

TE IRON TIGER STANDARDS

POINTS	SQUAT	CLEAN	BENCH	SBJ	L-DRILL	VJ	SHUTTLE	40 YD	BODY FAT	RATING
100	600	375	425	10'5"	6.96	36.5	4.1	4.55	7.7	SUPERIOR
98.5	590	370	420	10'4"	6.98	36	4.13	4.57	8	
97	580	365	415	10'3"	7	35.5	4.15	4.59	8.4	
95.5	570	360	410	10'2"	7.02	35	4.18	4.61	8.7	
94	560	355	405	10'1"	7.04	34.5	4.2	4.63	9.1	
92.5	550	350	400	10'	7.06	34	4.23	4.65	9.4	EXCELLENT
91	540	345	395	9'11"	7.08	33.5	4.25	4.67	9.7	
89.5	530	340	390	9'10"	7	33	4.28	4.69	10.1	
88	520	335	385	9'9"	7.12	32.5	4.3	4.71	10.4	
86.5	510	330	380	9'8"	7.14	32	4.33	4.73	10.8	
85	500	325	375	9'7"	7.16	31.5	4.35	4.75	11.1	GOOD
83.5	490	320	370	9'6"	7.18	31	4.38	4.77	11.4	
82	480	315	365	9'5"	7.2	30.5	4.4	4.79	11.8	
80.5	470	310	360	9'4"	7.22	30	4.43	4.81	12.1	
79	460	305	355	9'3"	7.24	29.5	4.45	4.83	12.5	
77.5	450	300	350	9'2"	7.26	29	4.48	4.85	12.8	AVERAGE
76	440	295	345	9'1"	7.28	28.5	4.5	4.87	13.1	
74.5	430	290	340	9'	7.3	28	4.53	4.89	13.5	
73	420	285	335	8'11"	7.32	27.5	4.55	4.91	13.8	
71.5	410	280	330	8'10"	7.34	27	4.58	4.93	14.2	
70	400	275	325	8'9"	7.36	26.5	4.6	4.95	14.5	BELOW AVERAGE
68.5	390	270	320	8'8"	7.38	26	4.63	4.97	14.8	
67	380	265	315	8'7"	7.4	25.5	4.65	4.99	15.2	
65.5	370	260	310	8'6"	7.42	25	4.68	5.01	15.5	
64	360	255	305	8'5"	7.44	24.5	4.7	5.03	15.9	
62.5	350	250	300	8'4"	7.46	24	4.73	5.05	16.2	POOR
61	340	245	295	8'3"	7.48	23.5	7.75	5.07	16.5	
59.5	330	240	290	8'2"	7.5	23	4.78	5.09	16.9	
58	320	235	285	8'1"	7.52	22.5	4.8	5.11	17.2	
56.5	310	230	280	8'	7.54	22	4.83	5.13	17.6	
55	300	225	275	7'11"	7.56	21.5	4.85	1.15	17.9	
53.5	290	220	270	7'10"	7.58	21	4.88	5.17	18.2	
52	280	215	265	7'9"	7.6	20.5	4.9	5.19	18.6	
50.5	270	210	260	7'8"	7.62	20	4.93	5.21	18.9	
49	260	205	255	7'7"	7.64	19.5	4.95	5.23	19.3	
47.5	250	200	250	7'6"	7.66	19	4.98	5.25	19.6	
46	240	195	245	7'5"	7.68	18.5	5	5.27	20	
44.5	230	190	240	7'4"	7.7	18	5.03	5.29	20.3	
43	225	185	235	7'3"	7.72	17.5	5.05	5.31	20.7	
41.5	220	180	230	7'2"	7.74	17	5.08	5.33	21	
40	215	175	225	7'1"	7.76	16.5	5.1	5.35	21.4	
38.5	210	170	220	7'	7.78	16	5.13	5.37	21.7	
37	205	165	215	6'11"	7.8	15.5	5.16	5.39	22.1	
35.5	200	160	210	6'10"	7.82	15	5.18	5.41	22.4	
34	195	155	205	6'9"	7.84	14.5	5.21	5.43	22.8	
32.5	190	150	200	6'8"	7.86	14	5.23	5.45	23.1	
31	185	145	195	6'7"	7.88	13.5	5.26	5.47	23.5	