

# WR IRON TIGER STANDARDS

POINTS	SQUAT	CLEAN	BENCH	SBJ	L-DRILL	VJ	SHUTTLE	40 YD	BODY FAT	RATING
100	525	365	365	11'	6.6	42	3.85	4.35	3.8	SUPERIOR
98.5	520	360	360	10'10"	6.62	41.5	3.88	4.37	4.2	
97	515	355	355	10'9"	6.64	41	3.9	4.39	4.5	
95.5	510	350	350	10'8"	6.66	40.5	3.93	4.41	4.8	
94	505	345	345	10'7"	6.68	40	3.95	4.43	5.2	
92.5	500	340	340	10'6"	6.7	39.5	3.98	4.45	5.5	EXCELLENT
91	460	335	335	10'5"	6.72	39	4	4.47	5.8	
89.5	450	330	330	10'4"	6.74	38.5	4.03	4.49	6	
88	440	325	325	10'3"	6.76	38	4.05	4.51	6.3	
86.5	430	320	320	10'2"	6.78	37.5	4.08	4.53	6.7	
85	420	315	315	10'1"	6.8	37	4.1	4.55	7	GOOD
83.5	410	310	310	10'	6.82	36.5	4.13	4.57	7.4	
82	400	305	305	9'11"	6.84	36	4.15	4.59	7.7	
80.5	390	300	300	9'10"	6.86	35.5	4.18	4.61	8	
79	380	295	295	9'9"	6.88	35	4.2	4.63	8.4	
77.5	370	290	290	9'8"	6.9	34.5	4.23	4.65	8.7	AVERAGE
76	360	285	285	9'7"	6.92	34	4.25	4.67	9.1	
74.5	350	280	280	9'6"	6.94	33.5	4.28	4.69	9.4	
73	340	275	275	9'5"	6.96	33	4.3	4.71	9.7	
71.5	330	270	270	9'4"	6.98	32.5	4.33	4.73	10.1	
70	320	265	265	9'3"	7	32	4.35	4.75	10.4	BELOW AVERAGE
68.5	310	260	260	9'2"	7.02	31.5	4.38	4.77	10.8	
67	300	255	255	9'1"	7.04	31	4.4	4.79	11.1	
65.5	290	250	250	9'	7.06	30.5	4.43	4.81	11.4	
64	280	245	245	8'11"	7.08	30	4.45	4.83	11.8	
62.5	270	240	240	8'10"	7	29.5	4.48	4.85	12.1	POOR
61	260	235	235	8'9"	7.12	29	4.5	4.87	12.5	
59.5	250	230	230	8'8"	7.14	28.5	4.53	4.89	12.8	
58	240	225	225	8'7"	7.16	28	4.55	4.91	13.1	
56.5	230	220	220	8'6"	7.18	27.5	4.58	4.93	13.5	
55	220	215	215	8'5"	7.2	27	4.6	4.95	13.8	
53.5	210	210	210	8'4"	7.22	26.5	4.63	4.97	14.2	
52	200	205	205	8'3"	7.24	26	4.65	4.99	14.5	
50.5	190	200	200	8'2"	7.26	25.5	4.68	5.01	14.8	
49	180	195	195	8'1"	7.28	25	4.7	5.03	15.2	
47.5	170	190	190	8'	7.3	24.5	4.73	5.05	15.5	
46	160	185	185	7'11"	7.32	24	4.75	5.07	15.9	
44.5	155	180	180	7'10"	7.34	23.5	4.78	5.09	16.2	
43	150	175	175	7'9"	7.36	23	4.8	5.11	16.5	
41.5	145	170	170	7'8"	7.38	22.5	4.83	5.13	16.9	
40	140	165	165	7'7"	7.4	22	4.85	5.15	17.2	
38.5	135	160	160	7'6"	7.42	21.5	4.88	5.17	17.6	
37	125	155	155	7'5"	7.44	21	4.9	5.19	17.9	
35.5	115	150	150	7'4"	7.46	20.5	4.93	5.21	18.2	
34	105	145	145	7'3"	7.48	20	4.95	5.23	18.6	
32.5	95	140	140	7'2"	7.5	19.5	4.98	5.25	18.9	
31	85	135	135	7'1"	7.52	19	5	5.27	19.3	