



## Strength Standards for High School Football Players

Position	Lift	Freshman	JV	Varsity	College	D1
<b>OL/DL</b>						
	Squat	155	275	405	425	455
	Clean	115	185	225	250	275
	Bench	135	225	295	315	365
	Leg Press	300	550	800	900	1000
<b>RB/LB</b>						
	Squat	135	250	365	405	425
	Clean	95	165	205	225	250
	Bench	95	185	250	275	315
	Pull-ups	3	6	10	10	10
	Power Curl	55	95	135	150	165
	40 yd dash	5.2	5.0	4.8	4.7	4.6
<b>WR/DB</b>						
	Squat	115	185	250	275	315
	Clean	75	135	185	205	225
	Bench	75	150	185	205	250
	Pull-ups	6	10	15	17	20
	40 yd dash	5.0	4.9	4.7	4.6	4.5
	Vertical	20"	24"	27"	28.5"	30"