

# CATALYST ATHLETICS WEIGHTLIFTING LEVELS

## LEVEL 1

These lifters have recently taken up weightlifting and are still developing technically and physically, and likely have mobility limitations. They may also have a large disparity between strength and Olympic lift performance not shown here.

### LEVEL 1 MEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
55	105	47	58	74	63
61	116	52	65	81	70
67	123	55	68	86	74
73	129	58	71	90	77
81	136	61	75	95	82
89	145	65	80	102	87
96	152	68	84	103	83
102	157	71	86	110	94
109	162	73	89	113	97
109+	167	75	92	117	100

### LEVEL 1 WOMEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
45	65	29	36	46	39
49	70	32	39	49	42
55	81	36	45	57	49
59	86	39	47	60	52
64	90	41	50	63	54
71	97	44	53	68	58
76	101	45	56	71	61
81	108	49	59	76	65
87	116	52	64	81	70
87+	120	54	66	74	72

# CATALYST ATHLETICS WEIGHTLIFTING LEVELS

## LEVEL 2

These intermediate lifters have some training experience but are still refining their lifting technique and developing their strength base and possibly flexibility.

### LEVEL 2 MEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
55	140	63	77	98	84
61	155	70	85	109	93
67	162	73	89	113	97
73	169	76	93	118	101
81	181	81	100	127	109
89	195	88	107	138	117
96	202	91	111	141	121
102	208	94	114	146	125
109	213	96	117	149	128
109+	221	99	122	155	133

### LEVEL 2 WOMEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
45	85	38	47	60	51
49	93	42	51	65	56
55	109	49	60	76	65
59	114	51	63	80	68
64	120	54	66	84	72
71	131	59	72	92	79
76	136	61	75	95	82
81	145	65	80	102	87
87	155	70	85	109	93
87+	160	72	88	112	96

# CATALYST ATHLETICS WEIGHTLIFTING LEVELS

## LEVEL 3

These lifters are more advanced intermediates and are still refining their lifting technique and developing their strength base and possibly flexibility, and are bordering on US national level competition.

### LEVEL 3 MEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
55	157	71	86	110	94
61	180	81	99	126	108
67	194	87	107	136	116
73	205	92	113	144	123
81	222	100	122	155	133
89	238	107	131	167	143
96	245	110	135	172	147
102	252	113	139	176	151
109	257	116	141	180	154
109+	266	120	146	186	160

### LEVEL 3 WOMEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
45	102	46	56	71	61
49	109	49	60	76	65
55	125	56	69	88	75
59	135	61	74	95	81
64	140	63	77	98	84
71	151	68	83	106	91
76	156	70	86	109	94
81	163	73	90	114	98
87	170	77	94	119	102
87+	175	79	96	123	105

# CATALYST ATHLETICS WEIGHTLIFTING LEVELS

## LEVEL 4

This represents the lower tier of US national level lifters. Lifters in this category are fairly technically proficient and strong, but are still developing and refining and may still lack technical consistency.

### LEVEL 4 MEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
55	174	78	96	122	104
61	204	92	112	143	122
67	225	101	124	158	135
73	240	108	132	168	144
81	262	118	144	183	157
89	280	126	154	196	168
96	288	130	158	202	173
102	295	133	162	207	177
109	300	135	165	210	180
109+	310	140	170	217	186

### LEVEL 4 WOMEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
45	118	53	65	83	71
49	128	58	70	90	77
55	140	63	77	98	84
59	155	70	85	109	93
64	160	72	88	112	96
71	170	77	94	119	102
76	176	79	97	123	106
81	180	81	99	126	108
87	185	83	102	130	111
87+	190	86	105	133	114

# CATALYST ATHLETICS WEIGHTLIFTING LEVELS

## LEVEL 5

Lifters at this level are technically proficient and consistent and have good strength levels and mobility, although still may be improving these things, are at the top of US national level competition, and may be competing at the lower international level.

### LEVEL 5 MEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
55	228	103	125	160	137
61	241	108	133	169	145
67	270	122	149	189	162
73	289	130	159	202	173
81	311	140	171	218	187
89	330	149	182	231	198
96	340	153	187	238	204
102	350	158	193	245	210
109	360	162	198	252	216
109+	376	169	207	263	226

### LEVEL 5 WOMEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
45	134	60	74	94	80
49	146	66	80	102	88
55	165	74	91	116	99
59	187	84	103	131	112
64	192	86	106	134	115
71	202	91	111	141	121
76	210	95	116	147	126
81	220	99	121	154	132
87	223	100	123	156	134
87+	240	108	132	168	144

# CATALYST ATHLETICS WEIGHTLIFTING LEVELS

## LEVEL 6

These lifters have established consistent technique optimal for themselves and reached exceptional strength levels.

### LEVEL 6 MEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
55	241	108	133	169	145
61	277	125	152	194	166
67	287	129	158	201	172
73	318	143	175	223	191
81	339	153	186	237	203
89	360	162	198	252	216
96	382	172	210	267	229
102	390	176	215	273	234
109	398	179	219	279	239
109+	414	186	228	290	248

### LEVEL 6 WOMEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
45	158	71	87	111	95
49	172	77	95	120	103
55	195	88	107	138	117
59	213	96	117	149	128
64	221	99	122	155	133
71	236	106	130	165	142
76	247	111	136	173	148
81	264	119	145	185	158
87	270	122	149	189	162
87+	278	125	153	195	167

# CATALYST ATHLETICS WEIGHTLIFTING LEVELS

## LEVEL 7

This category represents the absolute best of the sport in all aspects of weightlifting performance.

### LEVEL 7 MEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
55	285	128	157	200	171
61	314	141	173	220	188
67	331	149	182	232	199
73	346	156	190	242	208
81	367	165	202	257	220
89	403	181	222	282	242
96	413	186	227	289	248
102	425	191	234	298	255
109	433	195	238	303	260
109+	451	203	248	316	271

### LEVEL 7 WOMEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
45	180	81	99	126	108
49	196	88	108	137	118
55	225	101	124	158	135
59	237	107	130	166	142
64	250	113	138	175	150
71	270	122	149	189	162
76	287	129	158	201	172
81	300	135	165	210	180
87	310	140	171	217	191
87+	319	144	175	223	191