1RM Level Guidelines

STRONGMAN BATTLES · ATHLETE GUIDE

Find the level that fits your experience. These are guidelines, not strict entry limits.
Always check the event's published battle weights and rules.

Women

Level 1 · Beginner

Class	Deadlift 1RM · kg	Clean & Press 1RM · kg
N/A	± 90	± 35

Level 2 · Advanced

Class	Deadlift 1RM · kg	Clean & Press 1RM · kg
U64	± 120	± 50
U73	± 125	± 55
U82	± 135	± 60
Open	± 150	± 65

Level 3 · Experienced

Class	Deadlift 1RM · kg	Clean & Press 1RM · kg
U64	± 145	± 60
U73	± 155	± 65
U82	± 160	± 70
Open	± 185	± 75

Level 4 · Semi-pro

Class	Deadlift 1RM · kg	Clean & Press 1RM · kg
U64	± 170	± 70
U73	± 180	± 75
U82	± 190	± 85
Open	215 >	90 >

Guideline values: January 2025. 1RM = one-rep max.
The event's published rules and weights take precedence.

1RM Level Guidelines

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Men

Level 1 · Beginner

Class	Deadlift 1RM · kg	Clean & Press 1RM · kg
N/A	± 135	± 60

Level 2 · Advanced

Class	Deadlift 1RM · kg	Clean & Press 1RM · kg
U80	± 175	± 75
U90	± 195	± 85
U105	± 210	± 90
Open	± 225	± 100

Level 3 · Experienced

Class	Deadlift 1RM · kg	Clean & Press 1RM · kg
U80	± 215	± 95
U90	± 235	± 100
U105	± 255	± 110
Open	± 275	± 120

Level 4 · Semi-pro

Class	Deadlift 1RM · kg	Clean & Press 1RM · kg
U80	± 250	± 110
U90	± 275	± 120
U105	± 300	± 130
Open	325 >	140 >

Guideline values: January 2025. 1RM = one-rep max.
The event's published rules and weights take precedence.