

# ***NORMATIVE DATA IN BARBELL SQUAT STRENGTH***

## **How Do Your Scores Compare?**

Compare your scores to normatives from thousands of athletes' personal bests in Barbell Back Squat, Barbell Front Squat and Barbell Split Squat Strength.

Mean Velocity

**0.62** m/s

FINISH

# Barbell Back Squat:

## Relative Mean Force

1st-10th Percentile	2-6 N/kg
10th-30th Percentile	6-9 N/kg
30th-50th Percentile	9-11 N/kg
50th-70th Percentile	11-13 N/kg
70th-90th Percentile	13-17 N/kg
90th-100th Percentile	17-23 N/kg

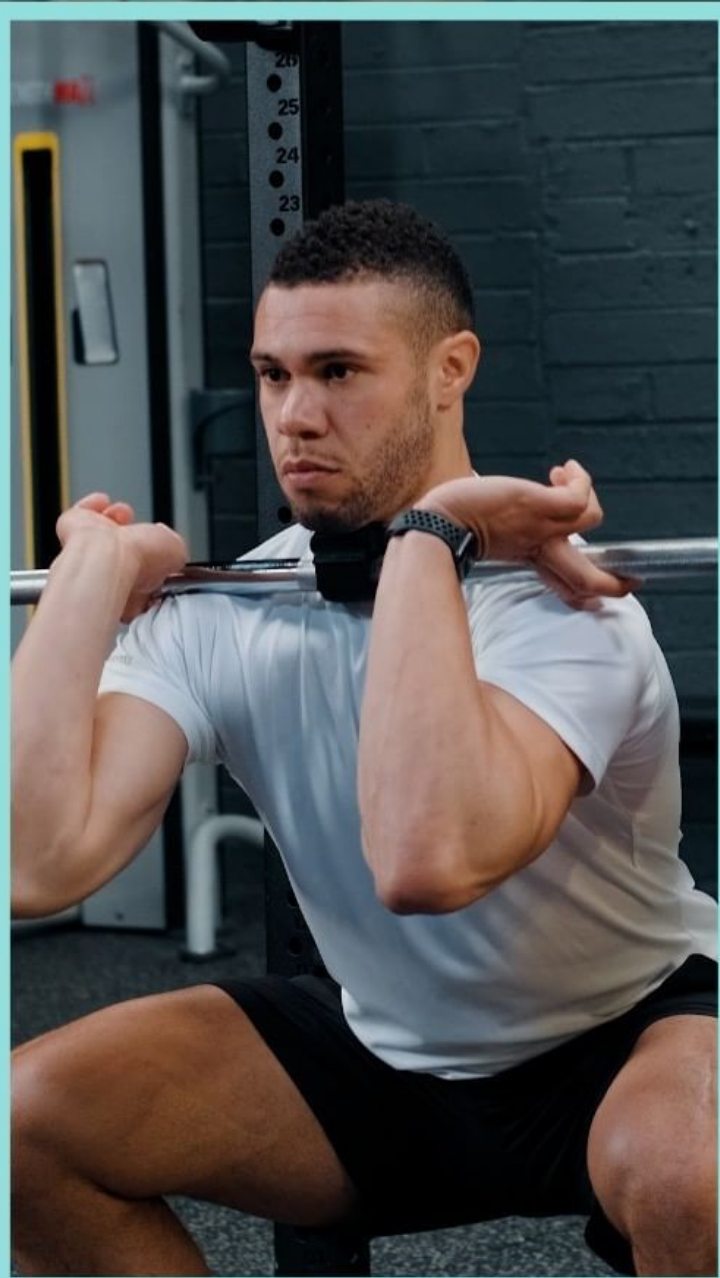


REP IN PROGRESS

# Barbell Front Squat:

## Relative Mean Force

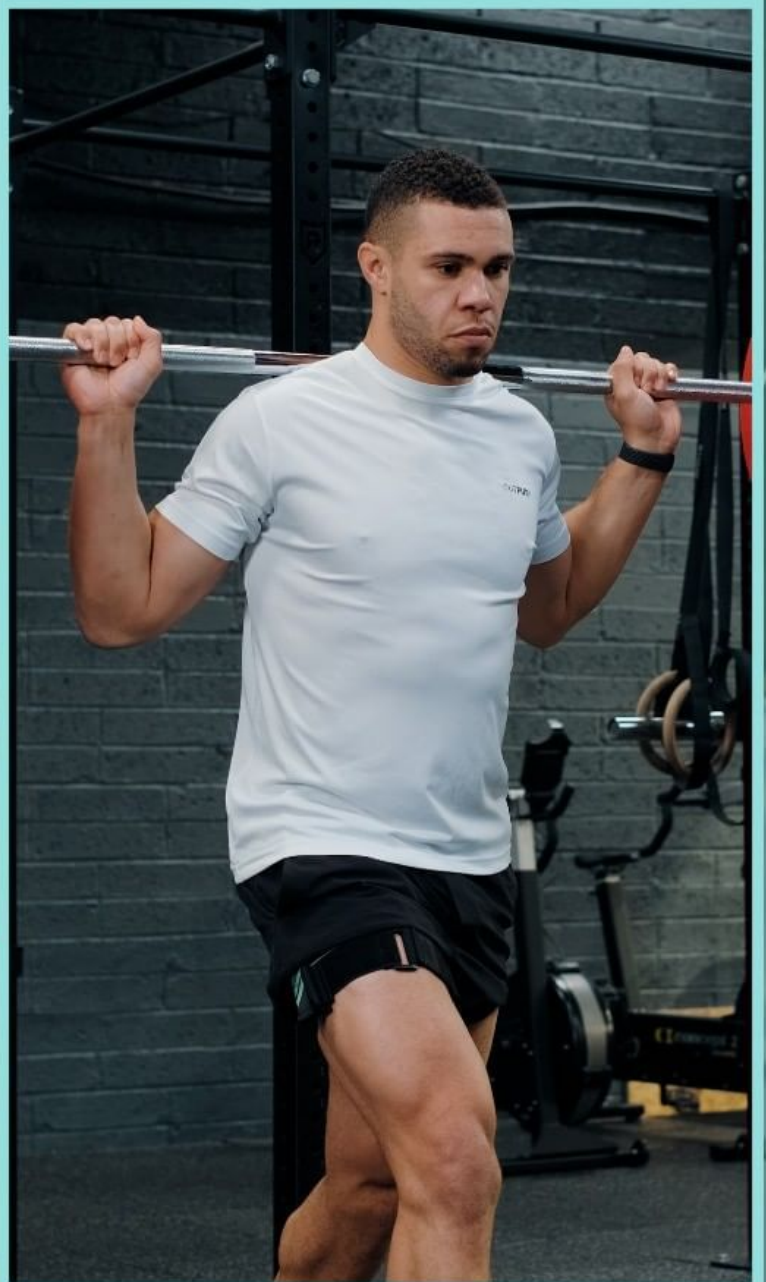
1st-10th Percentile	2.82-5.2 N/kg
10th-30th Percentile	5.2-7.0 N/kg
30th-50th Percentile	7.0-8.6 N/kg
50th-70th Percentile	8.6-10.1 N/kg
70th-90th Percentile	10.1-12.5 N/kg
90th-100th Percentile	12.5-23.77 N/kg



# Barbell Split Squat:

## Relative Mean Force

1st-10th Percentile	1.84 - 3.6 N/kg
10th-30th Percentile	1.84 - 3.6 N/kg
30th-50th Percentile	5.8 - 7.5 N/kg
50th-70th Percentile	7.5 - 8.8 N/kg
70th-90th Percentile	8.8 - 11.5 N/kg
90th-100th Percentile	11.5 - 20.36 N/kg



# CHECK OUT OUR **NEW BLOG** ON STRENGTH NORMS!



Where you'll find the early access link to **Normative Data 2.0!**