

## ***FOOTBALL WEIGHT LIFTING GOALS***

POSITION	AWARD LEVELS	SQUAT	BENCH	HANG CLEAN	3 LIFT TOTAL
<b>LINEMEN</b>	IRON KNIGHT	575	400	315	1290
	KNIGHT	525	370	295	1190
	BLACK	500	349	275	1124
	RED	470	320	250	1040
<b>TE, MIKE, DE, F</b>	IRON KNIGHT	525	355	300	1180
	KNIGHT	500	340	280	1120
	BLACK	475	320	260	1055
	RED	450	300	235	985
<b>DB'S, SAM, WILL, S</b>	IRON KNIGHT	475	340	275	1090
	KNIGHT	450	320	255	1025
	BLACK	425	300	235	960
	RED	400	280	215	895
<b>QB, WR, SPEC</b>	IRON KNIGHT	450	320	265	1035
	KNIGHT	425	300	245	970
	BLACK	400	275	225	900
	RED	375	250	205	830

- REQUIREMENTS:
- 1) Each level must reach total weight.
  - 2) All red requirements must be met before receiving red award or any higher award.
  - 3) Black must meet or exceed two lift requirements and total.
  - 4) Knight must meet two lift requirements and total.
  - 5) Iron Knight must meet one lift requirement and total.
  - 6) Super Iron Knight must meet all Iron Knight lift requirements and total.
  - 7) You must pass the 16 110s conditioning test to be eligible for any award in fall testing.

