

Back Squat	100
Front Squat	0.85
Power Clean	0.66
Clean	0.81
Clean & Jerk	80
Power Snatch	0.51
Snatch	0.66
Dip	0.73
Incline Bench	0.57
Chin-ups	0.54
Strict Press	0.41
Push-Press	0.63
Jerk	0.84
Bench	0.63
Deadlift	1.25