

Schwartz/Malone Formula

To determine your strength "pound for pound", multiply your coefficient (to the right of bodyweight listed) by the weight that you lifted to determine the Formula Total (FT).

The lifter with the highest FT is the strongest person "pound for pound".

Lbs	Men	Women	Lbs	Men	Women	Lbs	Men	Women	Lbs	Men	Women
90	1.2803	1.1756	123	.8783	.9110	156	.6967	.7520	189	.6036	.6543
91	1.2627	1.1645	124	.8706	.9086	157	.6930	.7520	190	.6014	.6521
92	1.2455	1.1557	125	.8630	.9019	158	.6893	.7453	191	.5994	.6492
93	1.2287	1.1450	126	.8556	.8980	159	.6857	.7431	192	.5878	.6464
94	1.2120	1.1365	127	.8483	.8902	160	.6822	.7387	193	.5954	.6442
95	1.1965	1.1261	128	.8412	.8851	161	.6787	.7358	194	.5935	.6415
96	1.1809	1.1180	129	.8343	.8788	162	.6753	.7322	195	.5916	.6387
97	1.1657	1.1079	130	.8276	.8738	163	.6720	.7293	196	.5897	.6366
98	1.1509	1.0980	131	.8210	.8676	164	.6688	.7258	197	.5879	.6339
99	1.1365	1.0903	132	.8146	.8628	165	.6656	.7230	198	.5861	.6317
100	1.1223	1.0807	133	.8083	.8568	166	.6624	.7196	199	.5843	.6300
101	1.1086	1.0732	134	.8022	.8508	167	.6593	.7168	200	.5826	.6286
102	1.0952	1.0657	135	.7961	.8462	168	.6563	.7134	201	.5809	.6269
103	1.0821	1.0566	136	.7903	.8401	169	.6533	.7107	202	.5792	.6256
104	1.0693	1.0494	137	.7846	.8358	170	.6504	.7074	203	.5776	.6239
105	1.0569	1.0405	138	.7790	.8302	171	.6475	.7040	204	.5760	.6226
106	1.0448	1.0336	139	.7735	.8257	172	.6447	.7014	205	.5744	.6209
107	1.0329	1.0250	140	.7682	.8202	173	.6420	.6981	206	.5729	.6196
108	1.0214	1.0165	141	.7630	.8159	174	.6392	.6956	207	.5714	.6180
109	1.0101	1.0098	142	.7579	.8105	175	.6365	.6923	208	.5700	.6167
110	.9991	1.0016	143	.7528	.8052	176	.6339	.6898	209	.5685	.6151
111	.9884	.9952	144	.7479	.8010	177	.6313	.6866	210	.5670	.6134
112	.9779	.9872	145	.7432	.7959	178	.6288	.6811	211	.5657	.6122
113	.9677	.9809	146	.7385	.7918	179	.6262	.6810	212	.5643	.6109
114	.9578	.9731	147	.7339	.7867	180	.6238	.6786	213	.5630	.6093
115	.9481	.9670	148	.7294	.7827	181	.6214	.6755	214	.5617	.6077
116	.9385	.9595	149	.7250	.7769	182	.6190	.6731	215	.5604	.6064
117	.9293	.9536	150	.7207	.7737	183	.6167	.6701	216	.5592	.6049
118	.9203	.9462	151	.7165	.7697	184	.6144	.6671	217	.5580	.6036
119	.9115	.9390	152	.7124	.7666	185	.6121	.6618	218	.5568	.6021
120	.9029	.9333	153	.7083	.7627	186	.6099	.6604	219	.5556	.6008
121	.8946	.9263	154	.7044	.7596	187	.6077	.6595	220	.5545	.5993
122	.8863	.9208	155	.7004	.7565	188	.6056	.6566	221	.5535	.5981

Lbs	Men	Women	Lbs	Men	Women	Lbs	Men	Women	Lbs	Men	Women
222	.5524	.5965	253	.5316		284	.5164		315	.5002	
223	.5514	.5953	254	.5312		285	.5158		316	.4998	
224	.5504	.5938	255	.5308		286	.5154		317	.4992	
225	.5994	.5926	256	.5304		287	.5147		318	.4988	
226	.5485	.5911	257	.5300		288	.5142		319	.4982	
227	.5476	.5896	258	.5296		289	.5137		320	.4978	
228	.5467	.5884	259	.5292		290	.5132		321	.4973	
229	.5458	.5869	260	.5289		291	.5126		322	.4968	
230	.5449	.5858	261	.5284		292	.5121		323	.4964	
231	.5441	.5843	262	.5281		293	.5115		324	.4959	
232	.5433	.5831	263	.5276		294	.5109		325	.4955	
233	.5426	.5817	264	.5273		295	.5104		326	.4950	
234	.5418	.5805	265	.5268		296	.5098		327	.4946	
235	.5411	.5791	266	.5263		297	.5094		328	.4941	
236	.5405	.5779	267	.5259		298	.5088		329	.4937	
237	.5398	.5765	268	.5254		299	.5083		330	.4932	
238	.5391	.5754	269	.5248		300	.5077		331	.4928	
239	.5385	.5740	270	.5243		301	.5072		332	.4924	
240	.5379	.5725	271	.5239		302	.5067		333	.4919	
241	.5373	.5714	272	.5232		303	.5062		334	.4913	
242	.5367	.5700	273	.5227		304	.5057		335	.4909	
243	.5362	.5693	274	.5220		305	.5053		336	.4905	
244	.5357	.5686	275	.5214		306	.5047		337	.4901	
245	.5352	.5681	276	.5208		307	.5043		338	.4896	
246	.5347	.5671	277	.5203		308	.5037		339	.4891	
247	.5342	.5669	278	.5197		309	.5032		340	.4887	
248	.5337	.5662	279	.5192		310	.5027		341	.4883	
249	.5333	.5656	280	.5186		311	.5022		342	.4878	
250	.5328	.5649	281	.5180		312	.5017		343	.4874	
251	.5325		282	.5175		313	.5013		344	.4870	
252	.5320		283	.5169		314	.5007		345	.4866	