

Isometric Pistol Squat Hold

Standards

Bodyweight	Beginner	Novice	Intermediate	Advanced	Elite
50-60kg	<1m 15s	1m 30s	2m	2m 30s	2m 45s+
60-70kg	<1m	1m 15s	1m 45s	2m 15s	2m 30s +
70-80kg	<45s	1m	1m 30s	2m	2m 15s +
80-90kg	<30s	45s	1m 15s	1m 45s	2m +
≥90kg	<15s	30s	1m	1m 30s	1m 45s +
