

**Max Reps
% 1RM**

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 15 |
|------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 100 | 95 | 93 | 90 | 87 | 85 | 83 | 80 | 77 | 75 | 67 | 65 |
| 10 | 9 | 9 | 9 | 9 | 9 | 8 | 8 | 8 | 8 | 7 | 7 |
| 20 | 19 | 19 | 18 | 17 | 17 | 17 | 16 | 15 | 15 | 13 | 13 |
| 30 | 29 | 28 | 27 | 26 | 26 | 25 | 24 | 23 | 23 | 20 | 20 |
| 40 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 27 | 26 |
| 50 | 48 | 47 | 45 | 44 | 43 | 42 | 40 | 39 | 38 | 34 | 33 |
| 60 | 57 | 56 | 54 | 52 | 51 | 50 | 48 | 46 | 45 | 40 | 39 |
| 70 | 67 | 65 | 63 | 61 | 60 | 58 | 56 | 54 | 53 | 47 | 46 |
| 80 | 76 | 74 | 72 | 70 | 68 | 66 | 64 | 62 | 60 | 54 | 52 |
| 90 | 86 | 84 | 81 | 78 | 77 | 75 | 72 | 69 | 68 | 60 | 59 |
| 100 | 95 | 93 | 90 | 87 | 85 | 83 | 80 | 77 | 75 | 67 | 65 |
| 110 | 105 | 102 | 99 | 96 | 94 | 91 | 88 | 85 | 83 | 74 | 72 |
| 120 | 114 | 112 | 108 | 104 | 102 | 100 | 96 | 92 | 90 | 80 | 78 |
| 130 | 124 | 121 | 117 | 113 | 111 | 108 | 104 | 100 | 98 | 87 | 85 |
| 140 | 133 | 130 | 126 | 122 | 119 | 116 | 112 | 108 | 105 | 94 | 91 |
| 150 | 143 | 140 | 135 | 131 | 128 | 125 | 120 | 116 | 113 | 101 | 98 |
| 160 | 152 | 149 | 144 | 139 | 136 | 133 | 128 | 123 | 120 | 107 | 104 |
| 170 | 162 | 158 | 153 | 148 | 145 | 141 | 136 | 131 | 128 | 114 | 111 |
| 180 | 171 | 167 | 162 | 157 | 153 | 149 | 144 | 139 | 135 | 121 | 117 |
| 190 | 181 | 177 | 171 | 165 | 162 | 158 | 152 | 146 | 143 | 127 | 124 |
| 200 | 190 | 186 | 180 | 174 | 170 | 166 | 160 | 154 | 150 | 134 | 130 |
| 210 | 200 | 195 | 189 | 183 | 179 | 174 | 168 | 162 | 158 | 141 | 137 |
| 220 | 209 | 205 | 198 | 191 | 187 | 183 | 176 | 169 | 165 | 147 | 143 |
| 230 | 219 | 214 | 207 | 200 | 196 | 191 | 184 | 177 | 173 | 154 | 150 |
| 240 | 228 | 223 | 216 | 209 | 204 | 199 | 192 | 185 | 180 | 161 | 156 |
| 250 | 238 | 233 | 225 | 218 | 213 | 208 | 200 | 193 | 188 | 168 | 163 |
| 260 | 247 | 242 | 234 | 226 | 221 | 216 | 208 | 200 | 195 | 174 | 169 |
| 270 | 257 | 251 | 243 | 235 | 230 | 224 | 216 | 208 | 203 | 181 | 176 |
| 280 | 266 | 260 | 252 | 244 | 238 | 232 | 224 | 216 | 210 | 188 | 182 |
| 290 | 276 | 270 | 261 | 252 | 247 | 241 | 232 | 223 | 218 | 194 | 189 |
| 300 | 285 | 279 | 270 | 261 | 255 | 249 | 240 | 231 | 225 | 201 | 195 |
| 310 | 295 | 288 | 279 | 270 | 264 | 257 | 248 | 239 | 233 | 208 | 202 |
| 320 | 304 | 298 | 288 | 278 | 272 | 266 | 256 | 246 | 240 | 214 | 208 |
| 330 | 314 | 307 | 297 | 287 | 281 | 274 | 264 | 254 | 248 | 221 | 215 |
| 340 | 323 | 316 | 306 | 296 | 289 | 282 | 272 | 262 | 255 | 228 | 221 |
| 350 | 333 | 326 | 315 | 305 | 298 | 291 | 280 | 270 | 263 | 235 | 228 |
| 360 | 342 | 335 | 324 | 313 | 306 | 299 | 288 | 277 | 270 | 241 | 234 |
| 370 | 352 | 344 | 333 | 322 | 315 | 307 | 296 | 285 | 278 | 248 | 241 |
| 380 | 361 | 353 | 342 | 331 | 323 | 315 | 304 | 293 | 285 | 255 | 247 |
| 390 | 371 | 363 | 351 | 339 | 332 | 324 | 312 | 300 | 293 | 261 | 254 |
| 400 | 380 | 372 | 360 | 348 | 340 | 332 | 320 | 308 | 300 | 268 | 260 |
| 410 | 390 | 381 | 369 | 357 | 349 | 340 | 328 | 316 | 308 | 274 | 267 |
| 420 | 399 | 391 | 378 | 365 | 357 | 349 | 336 | 323 | 315 | 281 | 273 |
| 430 | 409 | 400 | 387 | 374 | 366 | 357 | 344 | 331 | 323 | 288 | 280 |
| 440 | 418 | 409 | 396 | 383 | 374 | 365 | 352 | 339 | 330 | 295 | 286 |
| 450 | 428 | 419 | 405 | 392 | 383 | 374 | 360 | 347 | 338 | 302 | 293 |
| 460 | 437 | 428 | 414 | 400 | 391 | 382 | 368 | 354 | 345 | 308 | 299 |
| 470 | 447 | 437 | 423 | 409 | 400 | 390 | 376 | 362 | 353 | 315 | 306 |
| 480 | 456 | 446 | 432 | 418 | 408 | 398 | 384 | 370 | 360 | 322 | 312 |
| 490 | 466 | 456 | 441 | 426 | 417 | 407 | 392 | 377 | 368 | 328 | 319 |
| 500 | 475 | 465 | 450 | 435 | 425 | 415 | 400 | 385 | 375 | 335 | 325 |
| 510 | 485 | 474 | 459 | 444 | 434 | 423 | 408 | 393 | 383 | 342 | 332 |
| 520 | 494 | 484 | 468 | 452 | 442 | 432 | 416 | 400 | 390 | 348 | 338 |
| 530 | 504 | 493 | 477 | 461 | 451 | 440 | 424 | 408 | 398 | 355 | 345 |
| 540 | 513 | 502 | 486 | 470 | 459 | 448 | 432 | 416 | 405 | 362 | 351 |
| 550 | 523 | 512 | 495 | 479 | 468 | 457 | 440 | 424 | 413 | 369 | 358 |
| 560 | 532 | 521 | 504 | 487 | 476 | 465 | 448 | 431 | 420 | 375 | 364 |
| 570 | 542 | 530 | 513 | 496 | 485 | 473 | 456 | 439 | 428 | 382 | 371 |
| 580 | 551 | 539 | 522 | 505 | 493 | 481 | 464 | 447 | 435 | 389 | 377 |
| 590 | 561 | 549 | 531 | 513 | 502 | 490 | 472 | 454 | 443 | 395 | 384 |
| 600 | 570 | 558 | 540 | 522 | 510 | 498 | 480 | 462 | 450 | 402 | 390 |