

Double Loading
Workout Templates
Percentage Charts
In PDF Format

Weekly Schedule
Two Workouts per Week

Be sure to do warm-up sets before the work-sets listed below. See chapter 8 for procedures on how to do warm-up sets.

Workout 1	Workout 2
<p>Squats Do a HEAVY single rep Do sets of five reps</p>	<p>Deadlifts Do a HEAVY single rep Do sets of five reps</p>
<p>Bench Presses Do a HEAVY single rep Do sets of five reps</p>	<p>Bench Presses Do sets of five reps Note: You may substitute overhead presses for bench presses once per week if you prefer.</p>
<p>Overhead Presses Do one set of five reps</p>	<p>Overhead Presses Do one set of five reps</p>
<p>Bent-Over Barbell Rows Do sets of five reps</p>	

Comments

Notice that you only work up to a heavy single rep for squats and bench presses in workout one, and you will not work up to a heavy single rep for these same exercises in workout two. However, you will work up to a heavy single for deadlifts in workout two. There are no heavy single reps for overhead presses and bent-over barbell rows.

Two to Three Days Off Between Workouts

Space your workouts apart with two or three days off between workouts. For example, work out on Mondays and Thursdays, or Mondays and Fridays. You can also workout on Tuesdays and Fridays, or Tuesdays and Saturdays.

**Weekly Schedule
Three Workouts per Week**

Be sure to do warm-up sets before the work-sets listed below. See chapter 8 for procedures on how to do warm-up sets.

Workout 1	Workout 2	Workout 3
Squats Do a HEAVY single rep Do sets of five reps	Deadlifts Do a HEAVY single rep Do sets of five reps	Squats Do sets of five reps
Bench Presses Do a HEAVY single rep Do sets of five reps	Bench Presses Do sets of five reps	Bench Presses Do sets of five reps
Overhead Presses Do one set of five reps	Overhead Presses Do one set of five reps Note: You may prefer to do multiple sets of five reps for overhead presses and just do one set of bench press in this workout.	Overhead Presses Do one set of five reps
Bent-Over Barbell Rows Do sets of five reps		Bent-Over Barbell Rows Do sets of five reps

Comments

Notice that you only work up to a heavy single rep for squats and bench presses in workout one, and you will not work up to a heavy single rep for these same exercises in workouts two or three. However, you will work up to a heavy single for deadlifts in workout two. There are no heavy single reps for overhead presses and bent-over barbell rows.

One to Two Days Off Between Workouts

Space your workouts apart with one to two days off between workouts. For example, work out on Mondays, Wednesdays, and Fridays; or Mondays, Wednesdays, and Saturdays; or Mondays, Thursdays, and Saturdays. Create any combination of three days per week while taking one or two days off between workouts.

Double Loading Weeks 1-5

Exercises	Week 1	Week 2	Week 3	Week 4	Week 5
Squats 1RM = _____	1 x 1 80% _____ lbs.	1 x 1 82.5% _____ lbs.	1 x 1 85% _____ lbs.	1 x 1 87.5% _____ lbs.	1 x 1 90% _____ lbs.
	5 x 5 70% _____ lbs.	5 x 5 72.5% _____ lbs.	4 x 5 75% _____ lbs.	4 x 5 77.5% _____ lbs.	3 x 5 80% _____ lbs.
Bench Press 1RM = _____	1 x 1 80% _____ lbs.	1 x 1 82.5% _____ lbs.	1 x 1 85% _____ lbs.	1 x 1 87.5% _____ lbs.	1 x 1 90% _____ lbs.
	5 x 5 70% _____ lbs.	5 x 5 72.5% _____ lbs.	4 x 5 75% _____ lbs.	4 x 5 77.5% _____ lbs.	3 x 5 80% _____ lbs.
Deadlifts 1RM = _____	1 x 1 80% _____ lbs.	1 x 1 82.5% _____ lbs.	1 x 1 85% _____ lbs.	1 x 1 87.5% _____ lbs.	1 x 1 90% _____ lbs.
	5 x 5 70% _____ lbs.	5 x 5 72.5% _____ lbs.	4 x 5 75% _____ lbs.	4 x 5 77.5% _____ lbs.	3 x 5 80% _____ lbs.
Bent-Over B.B. Rows 1RM = _____	5 x 5 70% _____ lbs.	5 x 5 72.5% _____ lbs.	4 x 5 75% _____ lbs.	4 x 5 77.5% _____ lbs.	3 x 5 80% _____ lbs.
Overhead Press 1RM = _____	1 x 5 70% _____ lbs.	1 x 5 72.5% _____ lbs.	1 x 5 75% _____ lbs.	1 x 5 77.5% _____ lbs.	1 x 5 80% _____ lbs.
1RM = _____	1 x 1 80% _____ lbs.	1 x 1 82.5% _____ lbs.	1 x 1 85% _____ lbs.	1 x 1 87.5% _____ lbs.	1 x 1 90% _____ lbs.
	5 x 5 70% _____ lbs.	5 x 5 72.5% _____ lbs.	4 x 5 75% _____ lbs.	4 x 5 77.5% _____ lbs.	3 x 5 80% _____ lbs.
1RM = _____	1 x 1 80% _____ lbs.	1 x 1 82.5% _____ lbs.	1 x 1 85% _____ lbs.	1 x 1 87.5% _____ lbs.	1 x 1 90% _____ lbs.
	5 x 5 70% _____ lbs.	5 x 5 72.5% _____ lbs.	4 x 5 75% _____ lbs.	4 x 5 77.5% _____ lbs.	3 x 5 80% _____ lbs.

Double Loading Weeks 6-10

Exercises	Week 6	Week 7	Week 8	Week 9	Week 10
Squats 1RM = _____ Back-off Sets Included	1 x 1 92.5% _____ lbs.	1 x 1 95% _____ lbs.	1 x 1 97.5% _____ lbs.	1 x 1 70% _____ lbs.	1 x 1 100%+ _____ lbs.
	2 x 5 82.5% _____ lbs.	1-2 x 5 85% _____ lbs.	1-2 x 5 87.5% _____ lbs.	3 x 5 60% _____ lbs.	1 x 5 90% _____ lbs.
	1 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.		
Bench Press 1RM = _____ Back-off Sets Included	1 x 1 92.5% _____ lbs.	1 x 1 95% _____ lbs.	1 x 1 97.5% _____ lbs.	1 x 1 70% _____ lbs.	1 x 1 100%+ _____ lbs.
	2 x 5 82.5% _____ lbs.	1-2 x 5 85% _____ lbs.	1-2 x 5 87.5% _____ lbs.	3 x 5 60% _____ lbs.	1 x 5 90% _____ lbs.
	1 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.		
Deadlifts 1RM = _____ Back-off Sets Included	1 x 1 92.5% _____ lbs.	1 x 1 95% _____ lbs.	1 x 1 97.5% _____ lbs.	1 x 1 70% _____ lbs.	1 x 1 100%+ _____ lbs.
	2 x 5 82.5% _____ lbs.	1-2 x 5 85% _____ lbs.	1-2 x 5 87.5% _____ lbs.	3 x 5 60% _____ lbs.	1 x 5 90% _____ lbs.
	1 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.		
Bent-Over B.B. Rows 1RM = _____ Back-off Sets included	2 x 5 82.5% _____ lbs.	1-2 x 5 85% _____ lbs.	1-2 x 5 87.5% _____ lbs.	3 x 5 60% _____ lbs.	1 x 5 90% _____ lbs.
	1 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.		
Overhead Press 1RM = _____	1 x 5 82.5% _____ lbs.	1 x 5 85% _____ lbs.	1 x 5 87.5% _____ lbs.	1 x 5 60% _____ lbs.	1 x 5 90% _____ lbs.
1RM = _____	1 x 1 92.5% _____ lbs.	1 x 1 95% _____ lbs.	1 x 1 97.5% _____ lbs.	1 x 1 70% _____ lbs.	1 x 1 100%+ _____ lbs.
	2 x 5 82.5% _____ lbs.	1-2 x 5 85% _____ lbs.	1-2 x 5 87.5% _____ lbs.	3 x 5 60% _____ lbs.	1 x 5 90% _____ lbs.
	1 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.		
1RM = _____	1 x 1 92.5% _____ lbs.	1 x 1 95% _____ lbs.	1 x 1 97.5% _____ lbs.	1 x 1 70% _____ lbs.	1 x 1 100%+ _____ lbs.
	2 x 5 82.5% _____ lbs.	1-2 x 5 85% _____ lbs.	1-2 x 5 87.5% _____ lbs.	3 x 5 60% _____ lbs.	1 x 5 90% _____ lbs.
	1 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.		

Double Loading Weeks 1-5

Write In Your Exercise Selection	Week 1	Week 2	Week 3	Week 4	Week 5
1RM = _____	1 x 1 80% _____ lbs.	1 x 1 82.5% _____ lbs.	1 x 1 85% _____ lbs.	1 x 1 87.5% _____ lbs.	1 x 1 90% _____ lbs.
	5 x 5 70% _____ lbs.	5 x 5 72.5% _____ lbs.	4 x 5 75% _____ lbs.	4 x 5 77.5% _____ lbs.	3 x 5 80% _____ lbs.
1RM = _____	1 x 1 80% _____ lbs.	1 x 1 82.5% _____ lbs.	1 x 1 85% _____ lbs.	1 x 1 87.5% _____ lbs.	1 x 1 90% _____ lbs.
	5 x 5 70% _____ lbs.	5 x 5 72.5% _____ lbs.	4 x 5 75% _____ lbs.	4 x 5 77.5% _____ lbs.	3 x 5 80% _____ lbs.
1RM = _____	1 x 1 80% _____ lbs.	1 x 1 82.5% _____ lbs.	1 x 1 85% _____ lbs.	1 x 1 87.5% _____ lbs.	1 x 1 90% _____ lbs.
	5 x 5 70% _____ lbs.	5 x 5 72.5% _____ lbs.	4 x 5 75% _____ lbs.	4 x 5 77.5% _____ lbs.	3 x 5 80% _____ lbs.
1RM = _____	1 x 1 80% _____ lbs.	1 x 1 82.5% _____ lbs.	1 x 1 85% _____ lbs.	1 x 1 87.5% _____ lbs.	1 x 1 90% _____ lbs.
	5 x 5 70% _____ lbs.	5 x 5 72.5% _____ lbs.	4 x 5 75% _____ lbs.	4 x 5 77.5% _____ lbs.	3 x 5 80% _____ lbs.
1RM = _____	1 x 1 80% _____ lbs.	1 x 1 82.5% _____ lbs.	1 x 1 85% _____ lbs.	1 x 1 87.5% _____ lbs.	1 x 1 90% _____ lbs.
	5 x 5 70% _____ lbs.	5 x 5 72.5% _____ lbs.	4 x 5 75% _____ lbs.	4 x 5 77.5% _____ lbs.	3 x 5 80% _____ lbs.
1RM = _____	1 x 1 80% _____ lbs.	1 x 1 82.5% _____ lbs.	1 x 1 85% _____ lbs.	1 x 1 87.5% _____ lbs.	1 x 1 90% _____ lbs.
	5 x 5 70% _____ lbs.	5 x 5 72.5% _____ lbs.	4 x 5 75% _____ lbs.	4 x 5 77.5% _____ lbs.	3 x 5 80% _____ lbs.

Double Loading Weeks 6-10

Write In Your Exercise Selection	Week 6	Week 7	Week 8	Week 9	Week 10
1RM = _____	1 x 1 92.5% _____ lbs.	1 x 1 95% _____ lbs.	1 x 1 97.5% _____ lbs.	1 x 1 70% _____ lbs.	1 x 1 100%+ _____ lbs.
	2 x 5 82.5% _____ lbs.	1-2 x 5 85% _____ lbs.	1-2 x 5 87.5% _____ lbs.	3 x 5 60% _____ lbs.	1 x 5 90% _____ lbs.
	1 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.		
1RM = _____	1 x 1 92.5% _____ lbs.	1 x 1 95% _____ lbs.	1 x 1 97.5% _____ lbs.	1 x 1 70% _____ lbs.	1 x 1 100%+ _____ lbs.
	2 x 5 82.5% _____ lbs.	1-2 x 5 85% _____ lbs.	1-2 x 5 87.5% _____ lbs.	3 x 5 60% _____ lbs.	1 x 5 90% _____ lbs.
	1 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.		
1RM = _____	1 x 1 92.5% _____ lbs.	1 x 1 95% _____ lbs.	1 x 1 97.5% _____ lbs.	1 x 1 70% _____ lbs.	1 x 1 100%+ _____ lbs.
	2 x 5 82.5% _____ lbs.	1-2 x 5 85% _____ lbs.	1-2 x 5 87.5% _____ lbs.	3 x 5 60% _____ lbs.	1 x 5 90% _____ lbs.
	1 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.		
1RM = _____	1 x 1 92.5% _____ lbs.	1 x 1 95% _____ lbs.	1 x 1 97.5% _____ lbs.	1 x 1 70% _____ lbs.	1 x 1 100%+ _____ lbs.
	2 x 5 82.5% _____ lbs.	1-2 x 5 85% _____ lbs.	1-2 x 5 87.5% _____ lbs.	3 x 5 60% _____ lbs.	1 x 5 90% _____ lbs.
	1 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.		
1RM = _____	1 x 1 92.5% _____ lbs.	1 x 1 95% _____ lbs.	1 x 1 97.5% _____ lbs.	1 x 1 70% _____ lbs.	1 x 1 100%+ _____ lbs.
	2 x 5 82.5% _____ lbs.	1-2 x 5 85% _____ lbs.	1-2 x 5 87.5% _____ lbs.	3 x 5 60% _____ lbs.	1 x 5 90% _____ lbs.
	1 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.		
1RM = _____	1 x 1 92.5% _____ lbs.	1 x 1 95% _____ lbs.	1 x 1 97.5% _____ lbs.	1 x 1 70% _____ lbs.	1 x 1 100%+ _____ lbs.
	2 x 5 82.5% _____ lbs.	1-2 x 5 85% _____ lbs.	1-2 x 5 87.5% _____ lbs.	3 x 5 60% _____ lbs.	1 x 5 90% _____ lbs.
	1 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.		
1RM = _____	1 x 1 92.5% _____ lbs.	1 x 1 95% _____ lbs.	1 x 1 97.5% _____ lbs.	1 x 1 70% _____ lbs.	1 x 1 100%+ _____ lbs.
	2 x 5 82.5% _____ lbs.	1-2 x 5 85% _____ lbs.	1-2 x 5 87.5% _____ lbs.	3 x 5 60% _____ lbs.	1 x 5 90% _____ lbs.
	1 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.	1-2 x 5 70% _____ lbs.		

Double Loading: 5-Reps and Single Reps										
10 Weeks										
Exercises	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Squats 1RM _____	1 x <u>1 80%</u> lbs.	1 x <u>1 82.5%</u> lbs.	1 x <u>1 85%</u> lbs.	1 x <u>1 87.5%</u> lbs.	1 x <u>1 90%</u> lbs.	1 x <u>1 92.5%</u> lbs.	1 x <u>1 95%</u> lbs.	1 x <u>1 97.5%</u> lbs.	1 x <u>1 70%</u> lbs.	1 x <u>1 100%+</u> lbs.
	5 x <u>5 70%</u> lbs.	5 x <u>5 72.5%</u> lbs.	4 x <u>5 75%</u> lbs.	4 x <u>5 77.5%</u> lbs.	3 x <u>5 80%</u> lbs.	2 x <u>5 82.5%</u> lbs.	1-2 x <u>5 85%</u> lbs.	1-2 x <u>5 87%</u> lbs.	3 x <u>5 60%</u> lbs.	1 x <u>5 90%</u> lbs.
Bench Press 1RM _____	1 x <u>1 80%</u> lbs.	1 x <u>1 82.5%</u> lbs.	1 x <u>1 85%</u> lbs.	1 x <u>1 87.5%</u> lbs.	1 x <u>1 90%</u> lbs.	1 x <u>1 92.5%</u> lbs.	1 x <u>1 95%</u> lbs.	1 x <u>1 97.5%</u> lbs.	1 x <u>1 70%</u> lbs.	1 x <u>1 100%+</u> lbs.
	5 x <u>5 70%</u> lbs.	5 x <u>5 72.5%</u> lbs.	4 x <u>5 75%</u> lbs.	4 x <u>5 77.5%</u> lbs.	3 x <u>5 80%</u> lbs.	2 x <u>5 82.5%</u> lbs.	1-2 x <u>5 85%</u> lbs.	1-2 x <u>5 87%</u> lbs.	3 x <u>5 60%</u> lbs.	1 x <u>5 90%</u> lbs.
Deadlifts 1RM _____	1 x <u>1 80%</u> lbs.	1 x <u>1 82.5%</u> lbs.	1 x <u>1 85%</u> lbs.	1 x <u>1 87.5%</u> lbs.	1 x <u>1 90%</u> lbs.	1 x <u>1 92.5%</u> lbs.	1 x <u>1 95%</u> lbs.	1 x <u>1 97.5%</u> lbs.	1 x <u>1 70%</u> lbs.	1 x <u>1 100%+</u> lbs.
	5 x <u>5 70%</u> lbs.	5 x <u>5 72.5%</u> lbs.	4 x <u>5 75%</u> lbs.	4 x <u>5 77.5%</u> lbs.	3 x <u>5 80%</u> lbs.	2 x <u>5 82.5%</u> lbs.	1-2 x <u>5 85%</u> lbs.	1-2 x <u>5 87%</u> lbs.	3 x <u>5 60%</u> lbs.	1 x <u>5 90%</u> lbs.
B.B. Rows 1RM _____	5 x <u>5 70%</u> lbs.	5 x <u>5 72.5%</u> lbs.	4 x <u>5 75%</u> lbs.	4 x <u>5 77.5%</u> lbs.	3 x <u>5 80%</u> lbs.	2 x <u>5 82.5%</u> lbs.	1-2 x <u>5 85%</u> lbs.	1-2 x <u>5 87%</u> lbs.	3 x <u>5 60%</u> lbs.	1 x <u>5 90%</u> lbs.
	1 x <u>5 70%</u> lbs.	1 x <u>5 72.5%</u> lbs.	1 x <u>5 75%</u> lbs.	1 x <u>5 77.5%</u> lbs.	1 x <u>5 80%</u> lbs.	1 x <u>5 82.5%</u> lbs.	1 x <u>5 85%</u> lbs.	1 x <u>5 87.5%</u> lbs.	3 x <u>5 60%</u> lbs.	1 x <u>5 90%</u> lbs.
Overhead Press 1RM _____	1 x <u>1 80%</u> lbs.	1 x <u>1 82.5%</u> lbs.	1 x <u>1 85%</u> lbs.	1 x <u>1 87.5%</u> lbs.	1 x <u>1 90%</u> lbs.	1 x <u>1 92.5%</u> lbs.	1 x <u>1 95%</u> lbs.	1 x <u>1 97.5%</u> lbs.	1 x <u>1 70%</u> lbs.	1 x <u>1 100%+</u> lbs.
	5 x <u>5 70%</u> lbs.	5 x <u>5 72.5%</u> lbs.	4 x <u>5 75%</u> lbs.	4 x <u>5 77.5%</u> lbs.	3 x <u>5 80%</u> lbs.	2 x <u>5 82.5%</u> lbs.	1-2 x <u>5 85%</u> lbs.	1-2 x <u>5 87%</u> lbs.	3 x <u>5 60%</u> lbs.	1 x <u>5 90%</u> lbs.
1RM _____	1 x <u>1 80%</u> lbs.	1 x <u>1 82.5%</u> lbs.	1 x <u>1 85%</u> lbs.	1 x <u>1 87.5%</u> lbs.	1 x <u>1 90%</u> lbs.	1 x <u>1 92.5%</u> lbs.	1 x <u>1 95%</u> lbs.	1 x <u>1 97.5%</u> lbs.	1 x <u>1 70%</u> lbs.	1 x <u>1 100%+</u> lbs.
	5 x <u>5 70%</u> lbs.	5 x <u>5 72.5%</u> lbs.	4 x <u>5 75%</u> lbs.	4 x <u>5 77.5%</u> lbs.	3 x <u>5 80%</u> lbs.	2 x <u>5 82.5%</u> lbs.	1-2 x <u>5 85%</u> lbs.	1-2 x <u>5 87%</u> lbs.	3 x <u>5 60%</u> lbs.	1 x <u>5 90%</u> lbs.
1RM _____	1 x <u>1 80%</u> lbs.	1 x <u>1 82.5%</u> lbs.	1 x <u>1 85%</u> lbs.	1 x <u>1 87.5%</u> lbs.	1 x <u>1 90%</u> lbs.	1 x <u>1 92.5%</u> lbs.	1 x <u>1 95%</u> lbs.	1 x <u>1 97.5%</u> lbs.	1 x <u>1 70%</u> lbs.	1 x <u>1 100%+</u> lbs.
	5 x <u>5 70%</u> lbs.	5 x <u>5 72.5%</u> lbs.	4 x <u>5 75%</u> lbs.	4 x <u>5 77.5%</u> lbs.	3 x <u>5 80%</u> lbs.	2 x <u>5 82.5%</u> lbs.	1-2 x <u>5 85%</u> lbs.	1-2 x <u>5 87%</u> lbs.	3 x <u>5 60%</u> lbs.	1 x <u>5 90%</u> lbs.

	1RM 50	1RM 55	1RM 60	1RM 65	1RM 70	1RM 75	1RM 80	1RM 85	1RM 90	1RM 95	1RM 100
70%	35	40	40	45	50	55	55	60	65	65	70
72.5%	35	40	45	45	50	55	60	60	65	70	70
75%	40	40	45	50	55	55	60	65	70	70	75
77.5%	40	45	45	50	55	60	60	65	70	75	75
80%	40	45	50	50	55	60	65	68	70	80	80
82.5%	40	45	50	55	55	60	65	70	75	80	80
85%	45	45	50	55	60	65	70	70	75	80	85
87.5%	45	45	50	55	60	65	70	75	80	85	85
90%	45	50	55	60	65	70	70	75	80	85	90
92.5%	45	50	55	60	65	70	75	80	85	85	90
95%	50	50	55	61	65	70	75	80	85	90	95
97.5%	50	55	60	65	70	75	80	80	90	90	95
100%	50	55	60	65	70	75	80	85	90	95	100

	1RM 100	1RM 105	1RM 110	1RM 115	1RM 120	1RM 125	1RM 130	1RM 135	1RM 140	1RM 145	1RM 150
70%	70	75	75	80	85	90	90	95	100	100	105
72.5%	70	75	80	85	85	90	95	95	100	105	110
75%	75	80	85	85	90	95	100	100	105	110	115
77.5%	75	80	85	90	90	95	100	105	110	110	115
80%	80	85	90	90	95	100	105	110	110	115	120
82.5%	82	85	90	95	100	105	105	110	115	120	125
85%	85	90	95	100	105	105	110	115	120	125	130
87.5%	85	90	95	100	105	110	115	115	120	125	130
90%	90	95	100	105	110	115	115	121	125	130	135
92.5%	90	95	100	105	110	115	120	125	130	135	140
95%	95	100	105	110	115	120	125	130	135	140	145
97.5%	95	100	105	110	115	120	125	130	135	140	145
100%	100	105	110	115	120	125	130	135	140	145	150

	1RM 150	1RM 155	1RM 160	1RM 165	1RM 170	1RM 175	1RM 180	1RM 185	1RM 190	1RM 195	1RM 200
70%	105	110	110	115	120	125	125	130	135	135	140
72.5%	110	110	115	120	125	125	130	135	135	140	145
75%	115	115	120	125	130	130	135	140	140	145	150
77.5%	115	120	125	125	130	135	140	145	145	150	155
80%	120	125	130	130	135	140	145	150	150	155	160
82.5%	125	125	130	135	140	145	150	150	155	160	165
85%	130	130	135	140	145	150	155	155	160	165	170
87.5%	130	135	140	145	150	155	155	160	165	179	175
90%	135	140	145	150	155	160	160	165	170	175	180
92.5%	140	145	145	150	155	160	165	170	175	180	185
95%	145	145	150	155	160	165	170	175	180	185	190
97.5%	145	150	155	160	165	170	175	180	185	190	195
100%	150	155	160	165	170	175	180	185	190	195	200

	1RM 200	1RM 205	1RM 210	1RM 215	1RM 220	1RM 225	1RM 230	1RM 235	1RM 240	1RM 245	1RM 250
70%	140	145	145	150	155	160	160	165	170	170	175
72.5%	145	150	150	155	160	165	165	170	175	175	180
75%	150	155	160	160	165	170	175	175	180	185	190
77.5%	155	160	160	165	170	175	180	180	185	190	195
80%	160	165	170	170	175	180	185	190	190	195	200
82.5%	165	170	170	175	180	185	190	195	195	200	205
85%	170	175	180	185	185	190	195	200	205	210	215
87.5%	175	180	185	190	190	195	200	205	210	215	220
90%	180	185	190	195	200	200	205	210	215	220	225
92.5%	185	190	195	200	205	205	210	215	220	225	230
95%	190	195	200	205	210	215	220	225	230	235	240
97.5%	195	200	205	210	215	220	225	230	235	240	245
100%	200	205	210	215	220	225	230	235	240	245	250

	1RM 250	1RM 255	1RM 260	1RM 265	1RM 270	1RM 275	1RM 280	1RM 285	1RM 290	1RM 295	1RM 300
70%	175	180	180	185	185	195	195	200	205	205	210
72.5%	180	185	190	190	190	200	200	205	210	210	215
75%	190	190	195	200	200	205	205	215	220	220	225
77.5%	195	195	200	205	205	210	210	220	225	225	230
80%	200	205	210	210	210	220	220	230	230	235	240
82.5%	205	210	215	220	220	225	225	235	240	240	245
85%	215	215	220	225	225	235	235	240	245	250	255
87.5%	220	220	225	230	230	240	240	250	250	255	260
90%	225	230	235	240	240	250	250	255	260	265	270
92.5%	230	235	240	245	245	255	255	260	265	270	275
95%	240	240	245	250	250	260	260	270	275	280	285
97.5%	245	250	250	255	255	265	265	275	280	285	290
100%	250	255	260	265	265	275	275	285	290	295	300

	1RM 300	1RM 305	1RM 310	1RM 315	1RM 320	1RM 325	1RM 330	1RM 335	1RM 340	1RM 345	1RM 350
70%	210	215	215	220	225	230	230	235	240	240	245
72.5%	215	220	225	225	230	235	240	240	245	250	250
75%	225	230	235	235	240	245	250	250	255	260	265
77.5%	230	235	240	245	245	250	255	260	260	265	270
80%	240	245	250	250	255	260	265	270	270	275	280
82.5%	245	250	255	260	265	265	270	275	270	285	285
85%	255	260	265	270	270	275	280	285	290	295	300
87.5%	260	265	270	275	280	285	285	290	295	300	305
90%	270	275	280	285	290	295	295	300	305	310	315
92.5%	275	280	285	290	295	300	305	310	315	320	320
95%	285	290	295	300	305	310	315	320	325	330	335
97.5%	290	295	300	305	310	315	320	325	330	335	340
100%	300	305	310	315	320	325	330	335	340	345	350

	1RM 350	1RM 355	1RM 360	1RM 365	1RM 370	1RM 375	1RM 380	1RM 385	1RM 390	1RM 395	1RM 400
70%	245	250	250	255	260	265	265	270	275	275	280
72.5%	250	255	260	265	265	270	275	275	280	285	290
75%	265	265	270	275	270	280	285	290	295	295	300
77.5%	270	275	275	280	285	290	295	295	300	305	310
80%	280	285	290	290	295	300	305	310	310	315	320
82.5%	285	290	295	300	305	310	310	315	320	325	330
85%	300	300	305	310	315	320	325	330	330	335	340
87.5%	305	310	315	320	320	325	330	335	340	345	350
90%	315	320	325	330	335	340	340	345	350	355	360
92.5%	320	325	330	335	340	345	350	355	360	365	370
95%	335	335	340	345	350	355	360	365	370	375	380
97.5%	340	345	350	355	360	365	370	375	380	385	390
100%	350	355	360	365	370	375	380	385	390	395	400

	1RM 400	1RM 405	1RM 410	1RM 415	1RM 420	1RM 425	1RM 430	1RM 435	1RM 440	1RM 445	1RM 450
70%	280	285	285	290	295	300	300	305	310	310	315
72.5%	290	290	295	300	300	305	310	315	315	320	325
75%	300	305	310	310	315	320	320	325	330	335	335
77.5%	310	310	315	320	325	330	330	335	340	345	345
80%	320	325	330	330	335	340	345	345	350	355	360
82.5%	330	330	335	340	345	350	355	355	360	365	370
85%	340	345	350	355	355	360	365	370	375	375	380
87.5%	350	355	355	360	365	370	375	380	385	385	390
90%	360	365	370	375	375	380	385	390	395	400	405
92.5%	370	375	375	380	385	390	395	400	405	410	415
95%	380	385	390	395	400	405	410	415	415	420	425
97.5%	390	395	400	405	405	410	415	420	425	430	435
100%	400	405	410	415	420	425	430	435	440	445	450

	1RM 450	1RM 455	1RM 460	1RM 465	1RM 470	1RM 475	1RM 480	1RM 485	1RM 490	1RM 495	1RM 500
70%	315	320	320	325	330	330	335	340	345	345	350
72.5%	325	330	330	335	340	340	345	350	355	355	360
75%	335	340	345	350	355	355	360	365	365	370	375
77.5%	345	350	355	360	360	365	370	375	375	380	385
80%	360	365	365	370	375	380	385	390	390	395	400
82.5%	370	375	375	380	385	390	395	400	400	405	410
85%	380	385	390	395	400	405	410	410	415	420	425
87.5%	390	395	400	405	410	415	420	420	425	430	435
90%	405	410	415	420	425	425	430	435	440	445	450
92.5%	415	420	425	430	435	435	440	445	450	455	460
95%	425	430	435	440	445	450	455	460	465	470	475
97.5%	435	440	445	450	455	460	465	470	475	480	485
100%	450	455	460	465	470	475	480	485	490	495	500

	1RM 450	1RM 455	1RM 460	1RM 465	1RM 470	1RM 475	1RM 480	1RM 485	1RM 490	1RM 495	1RM 500
70%	315	320	320	325	330	330	335	340	345	345	350
72.5%	325	330	330	335	340	340	345	350	355	355	360
75%	335	340	345	350	355	355	360	365	365	370	375
77.5%	345	350	355	360	360	365	370	375	375	380	385
80%	360	365	365	370	375	380	385	390	390	395	400
82.5%	370	375	375	380	385	390	395	400	400	405	410
85%	380	385	390	395	400	405	410	410	415	420	425
87.5%	390	395	400	405	410	415	420	420	425	430	435
90%	405	410	415	420	425	425	430	435	440	445	450
92.5%	415	420	425	430	435	435	440	445	450	455	460
95%	425	430	435	440	445	450	455	460	465	470	475
97.5%	435	440	445	450	455	460	465	470	475	480	485
100%	450	455	460	465	470	475	480	485	490	495	500

	1RM 500	1RM 505	1RM 510	1RM 515	1RM 520	1RM 525	1RM 530	1RM 535	1RM 540	1RM 545	1RM 550
70%	350	355	355	360	365	370	370	375	380	380	385
72.5%	360	365	365	370	375	380	380	385	390	390	395
75%	375	380	385	385	390	395	400	400	405	405	410
77.5%	385	390	395	395	400	405	410	410	415	420	425
80%	400	405	410	410	415	420	425	430	430	435	440
82.5%	410	415	420	420	425	430	435	440	445	450	450
85%	425	430	435	440	440	445	450	455	460	465	470
87.5%	435	440	445	450	450	455	460	465	470	475	480
90%	450	455	460	465	470	475	475	480	485	490	495
92.5%	460	465	470	475	480	485	490	490	495	500	505
95%	475	480	485	490	495	500	505	510	515	520	525
97.5%	485	490	495	500	505	510	515	520	525	530	535
100%	500	505	510	515	520	525	530	535	540	545	550

	1RM 550	1RM 555	1RM 560	1RM 565	1RM 570	1RM 575	1RM 580	1RM 585	1RM 590	1RM 595	1RM 600
70%	385	390	390	395	400	405	405	410	415	415	420
72.5%	395	400	405	405	410	415	420	420	425	430	430
75%	410	415	420	425	430	430	435	440	445	445	450
77.5%	425	430	430	435	440	445	445	450	455	460	460
80%	440	445	450	450	455	460	465	470	470	475	480
82.5%	450	455	460	465	470	470	475	480	485	490	390
85%	470	470	475	480	485	490	495	495	500	505	510
87.5%	480	485	485	490	495	500	505	510	515	520	520
90%	495	500	505	510	515	520	520	525	530	535	540
92.5%	505	510	515	520	525	530	535	540	545	545	550
95%	525	525	530	535	540	545	550	555	560	565	570
97.5%	535	540	545	550	555	560	565	565	570	575	580
100%	550	555	560	565	570	575	580	585	590	595	600

	1RM 600	1RM 605	1RM 610	1RM 615	1RM 620	1RM 625	1RM 630	1RM 635	1RM 640	1RM 645	1RM 650
70%	420	425	425	430	435	440	440	445	450	450	455
72.5%	430	435	440	445	445	450	455	455	460	465	470
75%	450	455	460	460	465	470	475	475	480	485	490
77.5%	460	465	470	475	480	480	485	490	495	495	500
80%	480	485	490	490	495	500	505	510	510	515	520
82.5%	390	495	500	505	510	515	515	520	525	530	535
85%	510	515	520	525	525	530	535	540	545	550	555
87.5%	520	525	530	535	540	545	550	555	555	560	565
90%	540	545	550	555	560	565	565	570	575	580	585
92.5%	550	555	560	565	570	575	580	585	590	595	600
95%	570	575	580	585	590	595	600	605	610	615	620
97.5%	580	585	590	595	600	605	610	615	620	625	630
100%	600	605	610	615	620	625	630	635	640	645	650

	1RM 650	1RM 655	1RM 660	1RM 665	1RM 670	1RM 675	1RM 680	1RM 685	1RM 690	1RM 695	1RM 700
70%	455	460	460	465	470	470	475	480	485	485	490
72.5%	470	470	475	480	480	485	490	495	495	500	505
75%	490	490	495	500	505	505	510	515	520	520	525
77.5%	500	505	510	510	515	520	525	525	530	535	540
80%	520	525	530	530	535	540	545	550	550	555	560
82.5%	535	535	540	545	550	555	560	560	565	570	575
85%	555	555	560	565	570	575	580	580	585	590	595
87.5%	565	570	575	580	585	585	590	595	600	605	610
90%	585	590	595	600	605	610	610	615	620	625	630
92.5%	600	605	605	610	615	620	625	630	635	640	645
95%	620	620	625	630	635	640	645	650	655	660	665
97.5%	630	635	640	645	650	655	660	665	670	675	680
100%	650	655	660	665	670	675	680	685	690	695	700

	1RM 700	1RM 705	1RM 710	1RM 715	1RM 720	1RM 725	1RM 730	1RM 735	1RM 740	1RM 745	1RM 750
70%	490	495	495	500	505	505	510	515	520	520	525
72.5%	505	510	510	515	520	520	525	530	535	535	540
75%	525	530	535	535	540	545	550	550	555	560	565
77.5%	540	545	545	550	555	560	560	565	570	575	580
80%	560	565	570	570	575	580	585	590	590	595	600
82.5%	575	580	580	585	590	595	600	605	605	610	615
85%	595	600	605	610	610	615	620	625	630	635	640
87.5%	610	615	620	620	625	630	635	640	645	650	655
90%	630	635	640	645	650	655	655	660	665	670	675
92.5%	645	650	655	660	660	665	670	675	680	685	690
95%	665	670	675	680	685	690	695	700	705	710	715
97.5%	680	685	690	695	700	705	710	715	720	725	730
100%	700	705	710	715	720	725	730	735	740	745	750

	1RM 750	1RM 755	1RM 760	1RM 765	1RM 770	1RM 775	1RM 780	1RM 785	1RM 790	1RM 795	1RM 800
70%	525	530	530	535	540	545	545	550	555	555	560
72.5%	540	545	545	550	555	560	560	565	570	570	575
75%	565	565	570	575	580	580	585	590	595	595	600
77.5%	580	580	585	590	595	595	600	605	610	610	615
80%	600	605	610	610	615	620	625	630	630	635	640
82.5%	615	620	625	625	630	635	640	645	650	650	655
85%	640	640	645	650	655	660	665	665	670	675	680
87.5%	655	655	660	665	670	675	680	685	685	690	695
90%	675	680	685	690	695	700	700	705	710	715	720
92.5%	690	695	700	705	710	715	720	720	725	730	735
95%	715	715	720	725	730	735	740	745	750	755	760
97.5%	730	730	735	740	745	750	755	760	765	770	775
100%	750	755	760	765	770	775	780	785	790	795	800