

One Rep Max Calculator →

Calculate your 1RM

See your 1RM percentages

Estimate your rep maxes



1RM

180

lb ▾

Repetitions

5

Calculate One Rep Max

Your one rep max is 202.5 lb

Percentage of 1RM	Lift Weight	Repetitions of 1RM
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100%	202.5 lb	1
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95%	192.4 lb	2
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90%	182.3 lb	4
-----	----------	---

85%	172.1 lb	6
-----	----------	---

80%	162 lb	8
-----	--------	---

75%	151.9 lb	10
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One Rep Max A Guide To Beginning Weight Training

Vern Seefeldt,Eugene W. Brown

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Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear One Rep Max Phillip A. Sienna,1989 Muscle Growth Guide Silas

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The Bodybuilding Exercise and Anatomy Coloring Book John Patrick Atwood, Manual of Clinical Exercise Testing, Prescription, and Rehabilitation Ziya Altug,Janet L. Hoffman,1993 Weight Training for Life James L. Hesson,1991

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Archer,2011-03-03 A properly executed strength or weight lifting regimen can lower your blood pressure and cholesterol levels stabilize your blood sugar reduce the risk of heart disease increase your strength and more Weight Training For Dummies Third Edition is packed with all the information you need to start your own personalized weight training program and get yourself into peak condition fast You'll find out about Circuit and resistance training 20 minute weight training routines The newest and best weight training equipment Combining weight training with other exercise Gender differences in weight training goals and routines Specific approaches for baby boomers and seniors just starting out Using weight training to address specific health conditions Preventing injuries Weight training for children and teens If you're getting pumped about weight training don't delay Buy Weight Training for Dummies Third Edition today and you'll be in shape in no time

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Ironman's Ultimate Guide to Building Muscle Mass Peter Sisco,Ironman

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