

One Rep Max Calculator →

Calculate your 1RM

See your 1RM percentages

Estimate your rep maxes



Lbs

lb v

Repetitions

Calculate One Rep Max

Your one rep max is 202.5 lb

Percentage of 1RM	Lift Weight	Repetitions of 1RM
100%	202.5 lb	1
95%	192.4 lb	2
90%	182.3 lb	4
85%	172.1 lb	6
80%	162 lb	8
75%	151.9 lb	10

One Rep Max A Guide To Beginning Weight Training

Vern Seefeldt, Eugene W. Brown



One Rep Max A Guide To Beginning Weight Training:

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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 Donovan,AI,2025-03-17 Muscle Growth Guide offers a science backed approach to maximizing muscle growth and strength gains cutting through fitness industry myths with evidence based insights It emphasizes optimizing training techniques for muscle hypertrophy strategically increasing strength and mastering protein intake Did you know that understanding muscle physiology including protein synthesis and hormonal responses can significantly enhance your training The book uniquely advocates for personalized strategies challenging the one size fits all approach to fitness and highlights how modern research has illuminated the precise mechanisms driving muscle growth The book begins by establishing core concepts of muscle physiology and biomechanics before delving into resistance training principles and program design including progressive overload and periodization It then addresses nutrition particularly protein requirements and nutrient timing Finally it integrates these aspects into actionable strategies such as workout programs and meal plans This comprehensive approach ensures readers understand both the why and how of muscle growth empowering them to achieve sustainable progress

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Bodybuilding Guide:Chest David Groscup,2013-02-12 This comprehensive manual thoroughly explains the effective scientific principles and techniques of high intensity training or HIT Practical training routines are given for all levels of trainees from beginner through advanced bodybuilders Learn how to properly use forced reps negative reps negative accentuated reps super contraction holds partial reps and more to build a strong powerful well developed chest quickly

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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