One Rep Max Calculator →

Calculate your 1RM
See your 1RM percentages
Estimate your rep maxes





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 b	8
75%	151.9 b	10

One Rep Max A Guide To Beginning Weight Training

Wolfgang Guggemos

One Rep Max A Guide To Beginning Weight Training:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **One Rep Max A Guide To Beginning Weight Training**

In some sort of inundated with displays and the cacophony of quick connection, the profound power and psychological resonance of verbal art usually diminish in to obscurity, eclipsed by the constant assault of sound and distractions. Yet, nestled within the lyrical pages of **One Rep Max A Guide To Beginning Weight Training**, a fascinating perform of literary elegance that impulses with fresh thoughts, lies an wonderful journey waiting to be embarked upon. Written with a virtuoso wordsmith, that interesting opus instructions readers on an emotional odyssey, delicately exposing the latent potential and profound influence embedded within the intricate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is key themes, dissect their interesting writing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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