

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

Rob Price



One Rep Max A Guide To Beginning Weight Training:

One Rep Max A Guide To Beginning Weight Training Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **One Rep Max A Guide To Beginning Weight Training**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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