

Max Weight Chart

Estimating your 1 Rep Max

Use this chart to determine your 1 repetition max (1RM) of an exercise. You do not need to actually complete a maximum 1RM lift to calculate your 1RM, but you should calculate it to take the guess work out of how much weight to lift for each training phase and allows you to see strength increases in different phases of training. The number of repetitions and the amount of weight lifted are critical to each training phase. Weights are listed based on a % of the 1RM. An example would be for max strength you work in the range of 80-95% of your 1 RM. For muscular endurance you would work in a range of 30-50% of your 1 RM.

How to use the chart: The goal is to reach failure between 2 and 10 reps, you do not need to do a 1RM and for most people it is not advisable.

1. Warm up with a weight that you can easily lift for 10 reps.
2. Rest 2-3 minutes. Increase weight by 10-20%, then perform another set. If you get to 10 reps, stop.
3. Rest 2-3 minutes. Increase weight by 10% and perform another set. Try to reach failure of 2-10 reps within 3-4 sets.
4. Once you achieved this look down the first column labeled 'Pounds' and find the corresponding Pounds you lifted in that column. Then read across that row to the column that is labeled at the top of the chart with the number of reps you completed. The number in that box is your estimated max for one rep. *Example: If you completed 7 reps at 210 lbs. for bench press. Your estimated 1 RM is 255 lbs.*

Reps -->	2	3	4	5	6	7	8	9	10
Pounds									
5	5	5	6	6	6	6	6	6	7
10	11	11	11	11	12	12	13	13	13
15	16	16	17	17	18	18	19	19	20
20	21	22	22	23	24	24	25	26	27
25	26	27	28	29	29	30	31	32	33
30	32	32	33	34	35	36	38	39	40
35	37	38	39	40	41	42	44	45	47

Reps -->	2	3	4	5	6	7	8	9	10
40	42	43	44	46	47	49	50	52	53
45	47	49	50	52	53	55	56	58	60
50	53	54	56	57	59	61	63	65	67
55	58	59	61	63	65	67	69	71	73
60	63	65	67	69	71	73	75	78	80
65	68	70	72	75	76	79	81	84	87
70	74	76	78	80	82	85	88	91	93
75	79	81	83	86	88	91	94	97	100
80	84	86	89	92	94	97	100	103	107
85	89	92	94	97	100	103	106	110	113
90	95	97	100	103	106	109	113	116	120
95	100	103	106	109	112	115	119	123	127
100	105	108	111	115	118	121	125	129	133
105	111	113	117	120	124	127	131	136	140
110	116	119	122	126	129	133	138	142	147
115	121	124	128	132	135	140	144	149	153
120	126	130	133	138	141	146	150	155	160
125	132	135	139	143	147	152	156	162	167
130	137	140	144	149	153	158	163	168	173
135	142	146	150	155	159	164	169	175	180
140	147	151	156	161	165	170	175	181	187
145	153	157	161	166	171	176	181	188	193
150	158	162	167	172	176	182	188	194	200
155	163	167	172	178	182	188	194	200	207
160	168	173	178	183	188	194	200	207	213

Reps -->	2	3	4	5	6	7	8	9	10
165	174	178	183	189	194	200	206	213	220
170	179	184	189	195	200	206	213	220	227
175	184	189	194	201	206	212	219	226	233
180	189	194	200	206	212	218	225	233	240
185	195	200	206	212	218	224	231	239	247
190	200	205	211	218	224	231	238	246	253
195	205	211	217	224	229	237	244	252	260
200	211	216	222	229	235	243	250	259	267
205	216	221	228	235	241	249	256	265	273
210	221	227	233	241	247	255	263	272	280
215	226	232	239	247	253	261	269	278	287
220	232	238	244	252	259	267	275	284	293
225	237	243	250	258	265	273	281	291	300
230	242	248	256	264	271	279	288	297	307
235	247	254	261	269	276	285	294	304	313
240	253	259	267	275	282	291	300	310	320
245	258	265	272	281	288	297	306	317	327
250	263	270	278	287	294	303	313	323	333
255	268	275	283	292	300	309	319	330	340
260	274	281	289	298	306	315	325	336	347
265	279	286	294	304	312	322	331	343	353
270	284	292	300	310	318	328	338	349	360
275	289	297	306	315	324	334	344	356	367
280	295	302	311	321	329	340	350	362	373
285	300	308	317	327	335	346	356	369	380

Reps -->	2	3	4	5	6	7	8	9	10
290	305	313	322	333	341	352	363	375	387
295	311	319	328	338	347	358	369	381	393
300	316	324	333	344	353	364	375	388	400
305	323	332	342	351	360	369	378	387	397
315	334	343	353	362	372	381	391	400	410
325	345	354	364	373	384	393	403	413	423
335	355	365	375	385	395	405	415	425	436
345	366	376	386	397	407	417	428	438	449
355	376	387	398	408	419	430	440	451	462
365	387	398	409	420	431	442	453	464	478
375	398	409	420	431	443	454	465	476	488
385	408	420	431	443	454	466	477	489	501
395	419	431	442	454	466	478	490	502	514
405	429	441	454	466	478	490	502	514	527
415	440	452	465	477	490	502	514	527	539
425	450	463	476	489	501	514	527	540	552
435	461	474	487	500	513	526	539	552	565
445	471	485	498	511	525	538	551	565	578
455	482	496	510	523	537	550	564	577	591
460	476	497	513	529	543	561	577	593	610
465	481	502	518	535	549	567	584	600	616
470	486	508	524	541	555	573	590	606	623
475	492	513	530	546	561	580	596	613	629
480	497	518	535	552	566	586	602	619	636
485	502	524	541	558	572	592	609	626	643

Reps -->	2	3	4	5	6	7	8	9	10
490	507	529	546	564	578	598	615	632	649
495	512	535	552	569	584	604	621	639	656
500	518	540	558	575	590	610	628	645	663
505	523	545	563	581	596	616	634	651	669
510	528	551	569	587	602	622	640	658	676
515	533	556	574	592	608	628	646	664	682
520	538	562	580	598	614	634	653	671	689
525	543	567	585	604	620	641	659	677	696
530	549	572	591	610	625	647	665	684	702
535	554	578	597	615	631	653	671	690	709
540	559	583	602	621	637	659	678	697	716
545	564	589	608	627	643	665	684	703	722
550	569	594	613	633	649	671	690	710	729
555	574	599	619	638	655	677	697	716	735
560	580	605	624	644	661	683	703	722	742
565	585	610	630	650	667	689	709	729	749
570	590	616	636	656	673	695	715	735	755
575	595	621	641	661	679	702	722	742	762
580	600	626	647	667	684	708	728	748	769
585	605	632	652	673	690	714	734	755	775
590	611	637	658	679	696	720	740	761	782
595	616	643	663	684	702	726	747	768	788
600	621	648	669	690	708	732	753	774	795
605	626	653	675	696	714	738	759	780	802
610	631	659	680	702	720	744	766	787	808

Reps -->	2	3	4	5	6	7	8	9	10
615	637	664	686	707	726	750	772	793	815
620	642	670	691	713	732	756	778	800	822
625	647	675	697	719	738	763	784	806	828
630	652	680	702	725	743	769	791	813	835
635	657	686	708	730	749	775	797	819	841
640	662	691	714	736	755	781	803	826	848
645	668	697	719	742	761	787	809	832	855
650	673	702	725	748	767	793	816	839	861
655	678	707	730	753	773	799	822	845	868
660	683	713	736	759	779	805	828	851	875
665	688	718	741	765	785	811	835	858	881
670	693	724	747	771	791	817	841	864	888
675	699	729	753	776	797	824	847	871	894
680	704	734	758	782	802	830	853	877	901
685	709	740	764	788	808	836	860	884	908
690	714	745	769	794	814	842	866	890	914
695	719	751	775	799	820	848	872	897	921
700	725	756	781	805	826	854	879	903	928
705	730	761	786	811	832	860	885	909	934
710	735	767	792	817	838	866	891	916	941
715	740	772	797	822	844	872	897	922	947
720	745	778	803	828	850	878	904	929	954
725	750	783	808	834	856	885	910	935	961
730	756	788	814	840	861	891	916	942	967
735	761	794	820	845	867	897	922	948	974

Reps-->	2	3	4	5	6	7	8	9	10
740	766	799	825	851	873	903	929	955	981
745	771	805	831	857	879	909	935	961	987
750	776	810	836	863	885	915	941	968	994