

Lifting Percentages

Based on actual or estimated 1 Rep Max

5 - 150#

| 50% | 65% | 75% | 80% | 85% | 90% | 95% | MAX | 105% | 110% | 115% | 120% | 125% |
|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|
| 3 | 3 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 6 | 6 | 6 | 6 |
| 5 | 7 | 8 | 8 | 9 | 9 | 10 | 10 | 11 | 11 | 12 | 12 | 13 |
| 8 | 10 | 11 | 12 | 13 | 14 | 14 | 15 | 16 | 17 | 17 | 18 | 19 |
| 10 | 13 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 13 | 16 | 19 | 20 | 21 | 23 | 24 | 25 | 26 | 28 | 29 | 30 | 31 |
| 15 | 20 | 23 | 24 | 26 | 27 | 29 | 30 | 32 | 33 | 35 | 36 | 38 |
| 18 | 23 | 26 | 28 | 30 | 32 | 33 | 35 | 37 | 39 | 40 | 42 | 44 |
| 20 | 26 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 |
| 23 | 29 | 34 | 36 | 38 | 41 | 43 | 45 | 47 | 50 | 52 | 54 | 56 |
| 25 | 33 | 38 | 40 | 43 | 45 | 48 | 50 | 53 | 55 | 58 | 60 | 63 |
| 28 | 36 | 41 | 44 | 47 | 50 | 52 | 55 | 58 | 61 | 63 | 66 | 69 |
| 30 | 39 | 45 | 48 | 51 | 54 | 57 | 60 | 63 | 66 | 69 | 72 | 75 |
| 33 | 42 | 49 | 52 | 55 | 59 | 62 | 65 | 68 | 72 | 75 | 78 | 81 |
| 35 | 46 | 53 | 56 | 60 | 63 | 67 | 70 | 74 | 77 | 81 | 84 | 88 |
| 38 | 49 | 56 | 60 | 64 | 68 | 71 | 75 | 79 | 83 | 86 | 90 | 94 |
| 40 | 52 | 60 | 64 | 68 | 72 | 76 | 80 | 84 | 88 | 92 | 96 | 100 |
| 43 | 55 | 64 | 68 | 72 | 77 | 81 | 85 | 89 | 94 | 98 | 102 | 106 |
| 45 | 59 | 68 | 72 | 77 | 81 | 86 | 90 | 95 | 99 | 104 | 108 | 113 |
| 48 | 62 | 71 | 76 | 81 | 86 | 90 | 95 | 100 | 105 | 109 | 114 | 119 |
| 50 | 65 | 75 | 80 | 85 | 90 | 95 | 100 | 105 | 110 | 115 | 120 | 125 |
| 53 | 68 | 79 | 84 | 89 | 95 | 100 | 105 | 110 | 116 | 121 | 126 | 131 |
| 55 | 72 | 83 | 88 | 94 | 99 | 105 | 110 | 116 | 121 | 127 | 132 | 138 |
| 58 | 75 | 86 | 92 | 98 | 104 | 109 | 115 | 121 | 127 | 132 | 138 | 144 |
| 60 | 78 | 90 | 96 | 102 | 108 | 114 | 120 | 126 | 132 | 138 | 144 | 150 |
| 63 | 81 | 94 | 100 | 106 | 113 | 119 | 125 | 131 | 138 | 144 | 150 | 156 |
| 65 | 85 | 98 | 104 | 111 | 117 | 124 | 130 | 137 | 143 | 150 | 156 | 163 |
| 68 | 88 | 101 | 108 | 115 | 122 | 128 | 135 | 142 | 149 | 155 | 162 | 169 |
| 70 | 91 | 105 | 112 | 119 | 126 | 133 | 140 | 147 | 154 | 161 | 168 | 175 |
| 73 | 94 | 109 | 116 | 123 | 131 | 138 | 145 | 152 | 160 | 167 | 174 | 181 |
| 75 | 98 | 113 | 120 | 128 | 135 | 143 | 150 | 158 | 165 | 173 | 180 | 188 |



Lifting Percentages

Based on actual or estimated 1 Rep Max

155 - 300#

| 50% | 65% | 75% | 80% | 85% | 90% | 95% | MAX | 105% | 110% | 115% | 120% | 125% |
|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|
| 78 | 101 | 116 | 124 | 132 | 140 | 147 | 155 | 163 | 171 | 178 | 186 | 194 |
| 80 | 104 | 120 | 128 | 136 | 144 | 152 | 160 | 168 | 176 | 184 | 192 | 200 |
| 83 | 107 | 124 | 132 | 140 | 149 | 157 | 165 | 173 | 182 | 190 | 198 | 206 |
| 85 | 111 | 128 | 136 | 145 | 153 | 162 | 170 | 179 | 187 | 196 | 204 | 213 |
| 88 | 114 | 131 | 140 | 149 | 158 | 166 | 175 | 184 | 193 | 201 | 210 | 219 |
| 90 | 117 | 135 | 144 | 153 | 162 | 171 | 180 | 189 | 198 | 207 | 216 | 225 |
| 93 | 120 | 139 | 148 | 157 | 167 | 176 | 185 | 194 | 204 | 213 | 222 | 231 |
| 95 | 124 | 143 | 152 | 162 | 171 | 181 | 190 | 200 | 209 | 219 | 228 | 238 |
| 98 | 127 | 146 | 156 | 166 | 176 | 185 | 195 | 205 | 215 | 224 | 234 | 244 |
| 100 | 130 | 150 | 160 | 170 | 180 | 190 | 200 | 210 | 220 | 230 | 240 | 250 |
| 103 | 133 | 154 | 164 | 174 | 185 | 195 | 205 | 215 | 226 | 236 | 246 | 256 |
| 105 | 137 | 158 | 168 | 179 | 189 | 200 | 210 | 221 | 231 | 242 | 252 | 263 |
| 108 | 140 | 161 | 172 | 183 | 194 | 204 | 215 | 226 | 237 | 247 | 258 | 269 |
| 110 | 143 | 165 | 176 | 187 | 198 | 209 | 220 | 231 | 242 | 253 | 264 | 275 |
| 113 | 146 | 169 | 180 | 191 | 203 | 214 | 225 | 236 | 248 | 259 | 270 | 281 |
| 115 | 150 | 173 | 184 | 196 | 207 | 219 | 230 | 242 | 253 | 265 | 276 | 288 |
| 118 | 153 | 176 | 188 | 200 | 212 | 223 | 235 | 247 | 259 | 270 | 282 | 294 |
| 120 | 156 | 180 | 192 | 204 | 216 | 228 | 240 | 252 | 264 | 276 | 288 | 300 |
| 123 | 159 | 184 | 196 | 208 | 221 | 233 | 245 | 257 | 270 | 282 | 294 | 306 |
| 125 | 163 | 188 | 200 | 213 | 225 | 238 | 250 | 263 | 275 | 288 | 300 | 313 |
| 128 | 166 | 191 | 204 | 217 | 230 | 242 | 255 | 268 | 281 | 293 | 306 | 319 |
| 130 | 169 | 195 | 208 | 221 | 234 | 247 | 260 | 273 | 286 | 299 | 312 | 325 |
| 133 | 172 | 199 | 212 | 225 | 239 | 252 | 265 | 278 | 292 | 305 | 318 | 331 |
| 135 | 176 | 203 | 216 | 230 | 243 | 257 | 270 | 284 | 297 | 311 | 324 | 338 |
| 138 | 179 | 206 | 220 | 234 | 248 | 261 | 275 | 289 | 303 | 316 | 330 | 344 |
| 140 | 182 | 210 | 224 | 238 | 252 | 266 | 280 | 294 | 308 | 322 | 336 | 350 |
| 143 | 185 | 214 | 228 | 242 | 257 | 271 | 285 | 299 | 314 | 328 | 342 | 356 |
| 145 | 189 | 218 | 232 | 247 | 261 | 276 | 290 | 305 | 319 | 334 | 348 | 363 |
| 148 | 192 | 221 | 236 | 251 | 266 | 280 | 295 | 310 | 325 | 339 | 354 | 369 |
| 150 | 195 | 225 | 240 | 255 | 270 | 285 | 300 | 315 | 330 | 345 | 360 | 375 |



Lifting Percentages

Based on actual or estimated 1 Rep Max

305 - 450#

| 50% | 65% | 75% | 80% | 85% | 90% | 95% | MAX | 105% | 110% | 115% | 120% | 125% |
|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|
| 153 | 198 | 229 | 244 | 259 | 275 | 290 | 305 | 320 | 336 | 351 | 366 | 381 |
| 155 | 202 | 233 | 248 | 264 | 279 | 295 | 310 | 326 | 341 | 357 | 372 | 388 |
| 158 | 205 | 236 | 252 | 268 | 284 | 299 | 315 | 331 | 347 | 362 | 378 | 394 |
| 160 | 208 | 240 | 256 | 272 | 288 | 304 | 320 | 336 | 352 | 368 | 384 | 400 |
| 163 | 211 | 244 | 260 | 276 | 293 | 309 | 325 | 341 | 358 | 374 | 390 | 406 |
| 165 | 215 | 248 | 264 | 281 | 297 | 314 | 330 | 347 | 363 | 380 | 396 | 413 |
| 168 | 218 | 251 | 268 | 285 | 302 | 318 | 335 | 352 | 369 | 385 | 402 | 419 |
| 170 | 221 | 255 | 272 | 289 | 306 | 323 | 340 | 357 | 374 | 391 | 408 | 425 |
| 173 | 224 | 259 | 276 | 293 | 311 | 328 | 345 | 362 | 380 | 397 | 414 | 431 |
| 175 | 228 | 263 | 280 | 298 | 315 | 333 | 350 | 368 | 385 | 403 | 420 | 438 |
| 178 | 231 | 266 | 284 | 302 | 320 | 337 | 355 | 373 | 391 | 408 | 426 | 444 |
| 180 | 234 | 270 | 288 | 306 | 324 | 342 | 360 | 378 | 396 | 414 | 432 | 450 |
| 183 | 237 | 274 | 292 | 310 | 329 | 347 | 365 | 383 | 402 | 420 | 438 | 456 |
| 185 | 241 | 278 | 296 | 315 | 333 | 352 | 370 | 389 | 407 | 426 | 444 | 463 |
| 188 | 244 | 281 | 300 | 319 | 338 | 356 | 375 | 394 | 413 | 431 | 450 | 469 |
| 190 | 247 | 285 | 304 | 323 | 342 | 361 | 380 | 399 | 418 | 437 | 456 | 475 |
| 193 | 250 | 289 | 308 | 327 | 347 | 366 | 385 | 404 | 424 | 443 | 462 | 481 |
| 195 | 254 | 293 | 312 | 332 | 351 | 371 | 390 | 410 | 429 | 449 | 468 | 488 |
| 198 | 257 | 296 | 316 | 336 | 356 | 375 | 395 | 415 | 435 | 454 | 474 | 494 |
| 200 | 260 | 300 | 320 | 340 | 360 | 380 | 400 | 420 | 440 | 460 | 480 | 500 |
| 203 | 263 | 304 | 324 | 344 | 365 | 385 | 405 | 425 | 446 | 466 | 486 | 506 |
| 205 | 267 | 308 | 328 | 349 | 369 | 390 | 410 | 431 | 451 | 472 | 492 | 513 |
| 208 | 270 | 311 | 332 | 353 | 374 | 394 | 415 | 436 | 457 | 477 | 498 | 519 |
| 210 | 273 | 315 | 336 | 357 | 378 | 399 | 420 | 441 | 462 | 483 | 504 | 525 |
| 213 | 276 | 319 | 340 | 361 | 383 | 404 | 425 | 446 | 468 | 489 | 510 | 531 |
| 215 | 280 | 323 | 344 | 366 | 387 | 409 | 430 | 452 | 473 | 495 | 516 | 538 |
| 218 | 283 | 326 | 348 | 370 | 392 | 413 | 435 | 457 | 479 | 500 | 522 | 544 |
| 220 | 286 | 330 | 352 | 374 | 396 | 418 | 440 | 462 | 484 | 506 | 528 | 550 |
| 223 | 289 | 334 | 356 | 378 | 401 | 423 | 445 | 467 | 490 | 512 | 534 | 556 |
| 225 | 293 | 338 | 360 | 383 | 405 | 428 | 450 | 473 | 495 | 518 | 540 | 563 |



Lifting Percentages

Based on actual or estimated 1 Rep Max

455 - 600#

| 50% | 65% | 75% | 80% | 85% | 90% | 95% | MAX | 105% | 110% | 115% | 120% | 125% |
|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|
| 228 | 296 | 341 | 364 | 387 | 410 | 432 | 455 | 478 | 501 | 523 | 546 | 569 |
| 230 | 299 | 345 | 368 | 391 | 414 | 437 | 460 | 483 | 506 | 529 | 552 | 575 |
| 233 | 302 | 349 | 372 | 395 | 419 | 442 | 465 | 488 | 512 | 535 | 558 | 581 |
| 235 | 306 | 353 | 376 | 400 | 423 | 447 | 470 | 494 | 517 | 541 | 564 | 588 |
| 238 | 309 | 356 | 380 | 404 | 428 | 451 | 475 | 499 | 523 | 546 | 570 | 594 |
| 240 | 312 | 360 | 384 | 408 | 432 | 456 | 480 | 504 | 528 | 552 | 576 | 600 |
| 243 | 315 | 364 | 388 | 412 | 437 | 461 | 485 | 509 | 534 | 558 | 582 | 606 |
| 245 | 319 | 368 | 392 | 417 | 441 | 466 | 490 | 515 | 539 | 564 | 588 | 613 |
| 248 | 322 | 371 | 396 | 421 | 446 | 470 | 495 | 520 | 545 | 569 | 594 | 619 |
| 250 | 325 | 375 | 400 | 425 | 450 | 475 | 500 | 525 | 550 | 575 | 600 | 625 |
| 253 | 328 | 379 | 404 | 429 | 455 | 480 | 505 | 530 | 556 | 581 | 606 | 631 |
| 255 | 332 | 383 | 408 | 434 | 459 | 485 | 510 | 536 | 561 | 587 | 612 | 638 |
| 258 | 335 | 386 | 412 | 438 | 464 | 489 | 515 | 541 | 567 | 592 | 618 | 644 |
| 260 | 338 | 390 | 416 | 442 | 468 | 494 | 520 | 546 | 572 | 598 | 624 | 650 |
| 263 | 341 | 394 | 420 | 446 | 473 | 499 | 525 | 551 | 578 | 604 | 630 | 656 |
| 265 | 345 | 398 | 424 | 451 | 477 | 504 | 530 | 557 | 583 | 610 | 636 | 663 |
| 268 | 348 | 401 | 428 | 455 | 482 | 508 | 535 | 562 | 589 | 615 | 642 | 669 |
| 270 | 351 | 405 | 432 | 459 | 486 | 513 | 540 | 567 | 594 | 621 | 648 | 675 |
| 273 | 354 | 409 | 436 | 463 | 491 | 518 | 545 | 572 | 600 | 627 | 654 | 681 |
| 275 | 358 | 413 | 440 | 468 | 495 | 523 | 550 | 578 | 605 | 633 | 660 | 688 |
| 278 | 361 | 416 | 444 | 472 | 500 | 527 | 555 | 583 | 611 | 638 | 666 | 694 |
| 280 | 364 | 420 | 448 | 476 | 504 | 532 | 560 | 588 | 616 | 644 | 672 | 700 |
| 283 | 367 | 424 | 452 | 480 | 509 | 537 | 565 | 593 | 622 | 650 | 678 | 706 |
| 285 | 371 | 428 | 456 | 485 | 513 | 542 | 570 | 599 | 627 | 656 | 684 | 713 |
| 288 | 374 | 431 | 460 | 489 | 518 | 546 | 575 | 604 | 633 | 661 | 690 | 719 |
| 290 | 377 | 435 | 464 | 493 | 522 | 551 | 580 | 609 | 638 | 667 | 696 | 725 |
| 293 | 380 | 439 | 468 | 497 | 527 | 556 | 585 | 614 | 644 | 673 | 702 | 731 |
| 295 | 384 | 443 | 472 | 502 | 531 | 561 | 590 | 620 | 649 | 679 | 708 | 738 |
| 298 | 387 | 446 | 476 | 506 | 536 | 565 | 595 | 625 | 655 | 684 | 714 | 744 |
| 300 | 390 | 450 | 480 | 510 | 540 | 570 | 600 | 630 | 660 | 690 | 720 | 750 |

