

Lifting Percentages

Based on actual or estimated 1 Rep Max

MAX	50%	65%	75%	80%	85%	90%	95%	100%
5	3	3	4	4	4	5	5	5
10	5	7	8	8	9	9	10	10
15	8	10	11	12	13	14	14	15
20	10	13	15	16	17	18	19	20
25	13	16	19	20	21	23	24	25
30	15	20	23	24	26	27	29	30
35	18	23	26	28	30	32	33	35
40	20	26	30	32	34	36	38	40
45	23	29	34	36	38	41	43	45
50	25	33	38	40	43	45	48	50
55	28	36	41	44	47	50	52	55
60	30	39	45	48	51	54	57	60
65	33	42	49	52	55	59	62	65
70	35	46	53	56	60	63	67	70
75	38	49	56	60	64	68	71	75
80	40	52	60	64	68	72	76	80
85	43	55	64	68	72	77	81	85
90	45	59	68	72	77	81	86	90
95	48	62	71	76	81	86	90	95
100	50	65	75	80	85	90	95	100
105	53	68	79	84	89	95	100	105
110	55	72	83	88	94	99	105	110
115	58	75	86	92	98	104	109	115
120	60	78	90	96	102	108	114	120
125	63	81	94	100	106	113	119	125
130	65	85	98	104	111	117	124	130
135	68	88	101	108	115	122	128	135
140	70	91	105	112	119	126	133	140
145	73	94	109	116	123	131	138	145
150	75	98	113	120	128	135	143	150

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155	78	101	116	124	132	140	147	155
160	80	104	120	128	136	144	152	160
165	83	107	124	132	140	149	157	165
170	85	111	128	136	145	153	162	170
175	88	114	131	140	149	158	166	175
180	90	117	135	144	153	162	171	180
185	93	120	139	148	157	167	176	185
190	95	124	143	152	162	171	181	190
195	98	127	146	156	166	176	185	195
200	100	130	150	160	170	180	190	200
205	103	133	154	164	174	185	195	205
210	105	137	158	168	179	189	200	210
215	108	140	161	172	183	194	204	215
220	110	143	165	176	187	198	209	220
225	113	146	169	180	191	203	214	225
230	115	150	173	184	196	207	219	230
235	118	153	176	188	200	212	223	235
240	120	156	180	192	204	216	228	240
245	123	159	184	196	208	221	233	245
250	125	163	188	200	213	225	238	250
255	128	166	191	204	217	230	242	255
260	130	169	195	208	221	234	247	260
265	133	172	199	212	225	239	252	265
270	135	176	203	216	230	243	257	270
275	138	179	206	220	234	248	261	275
280	140	182	210	224	238	252	266	280
285	143	185	214	228	242	257	271	285
290	145	189	218	232	247	261	276	290
295	148	192	221	236	251	266	280	295
300	150	195	225	240	255	270	285	300

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305	153	198	229	244	259	275	290	305
310	155	202	233	248	264	279	295	310
315	158	205	236	252	268	284	299	315
320	160	208	240	256	272	288	304	320
325	163	211	244	260	276	293	309	325
330	165	215	248	264	281	297	314	330
335	168	218	251	268	285	302	318	335
340	170	221	255	272	289	306	323	340
345	173	224	259	276	293	311	328	345
350	175	228	263	280	298	315	333	350
355	178	231	266	284	302	320	337	355
360	180	234	270	288	306	324	342	360
365	183	237	274	292	310	329	347	365
370	185	241	278	296	315	333	352	370
375	188	244	281	300	319	338	356	375
380	190	247	285	304	323	342	361	380
385	193	250	289	308	327	347	366	385
390	195	254	293	312	332	351	371	390
395	198	257	296	316	336	356	375	395
400	200	260	300	320	340	360	380	400
405	203	263	304	324	344	365	385	405
410	205	267	308	328	349	369	390	410
415	208	270	311	332	353	374	394	415
420	210	273	315	336	357	378	399	420
425	213	276	319	340	361	383	404	425
430	215	280	323	344	366	387	409	430
435	218	283	326	348	370	392	413	435
440	220	286	330	352	374	396	418	440
445	223	289	334	356	378	401	423	445
450	225	293	338	360	383	405	428	450

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455	228	296	341	364	387	410	432	455
460	230	299	345	368	391	414	437	460
465	233	302	349	372	395	419	442	465
470	235	306	353	376	400	423	447	470
475	238	309	356	380	404	428	451	475
480	240	312	360	384	408	432	456	480
485	243	315	364	388	412	437	461	485
490	245	319	368	392	417	441	466	490
495	248	322	371	396	421	446	470	495
500	250	325	375	400	425	450	475	500
505	253	328	379	404	429	455	480	505
510	255	332	383	408	434	459	485	510
515	258	335	386	412	438	464	489	515
520	260	338	390	416	442	468	494	520
525	263	341	394	420	446	473	499	525
530	265	345	398	424	451	477	504	530
535	268	348	401	428	455	482	508	535
540	270	351	405	432	459	486	513	540
545	273	354	409	436	463	491	518	545
550	275	358	413	440	468	495	523	550
555	278	361	416	444	472	500	527	555
560	280	364	420	448	476	504	532	560
565	283	367	424	452	480	509	537	565
570	285	371	428	456	485	513	542	570
575	288	374	431	460	489	518	546	575
580	290	377	435	464	493	522	551	580
585	293	380	439	468	497	527	556	585
590	295	384	443	472	502	531	561	590
595	298	387	446	476	506	536	565	595
600	300	390	450	480	510	540	570	600

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