

Training Load Percentages

Reps	1	2	3	4	5	6	7	8	9	10	12
% of 1RM	100	97	93	90	87	85	83	80	77	75	70
Load	10	9.7	9.3	9	8.7	8.5	8.3	8	7.7	7.5	7
	20	19.4	18.6	18	17.4	17	16.6	16	15.4	15	14
	30	29.1	27.9	27	26.1	25.5	24.9	24	23.1	22.5	21
	40	38.8	37.2	36	34.8	34	33.2	32	30.8	30	28
	50	48.5	46.5	45	43.5	42.5	41.5	40	38.5	37.5	35
	60	58.2	55.8	54	52.2	51	49.8	48	46.2	45	42
	70	67.9	65.1	63	60.9	59.5	58.1	56	53.9	52.5	49
	80	77.6	74.4	72	69.6	68	66.4	64	61.6	60	56
	90	87.3	83.7	81	78.3	76.5	74.7	72	69.3	67.5	63
	100	97	93	90	87	85	83	80	77	75	70
	110	106.7	102.3	99	95.7	93.5	91.3	88	84.7	82.5	77
	120	116.4	111.6	108	104.4	102	99.6	96	92.4	90	84
	130	126.1	120.9	117	113.1	110.5	107.9	104	100.1	97.5	91
	140	135.8	130.2	126	121.8	119	116.2	112	107.8	105	98
	150	145.5	139.5	135	130.5	127.5	124.5	120	115.5	112.5	105
	160	155.2	148.8	144	139.2	136	132.8	128	123.2	120	112
	170	164.9	158.1	153	147.9	144.5	141.1	136	130.9	127.5	119
	180	174.6	167.4	162	156.6	153	149.4	144	138.6	135	126
	190	184.3	176.7	171	165.3	161.5	157.7	152	146.3	142.5	133
	200	194	186	180	174	170	166	160	154	150	140
	210	203.7	195.3	189	182.7	178.5	174.3	168	161.7	157.5	147
	220	213.4	204.6	198	191.4	187	182.6	176	169.4	165	154
	230	223.1	213.9	207	200.1	195.5	190.9	184	177.1	172.5	161
	240	232.8	223.2	216	208.8	204	199.2	192	184.8	180	168
	250	242.5	232.5	225	217.5	212.5	207.5	200	192.5	187.5	175
	260	252.2	241.8	234	226.2	221	215.8	208	200.2	195	182
	270	261.9	251.1	243	234.9	229.5	224.1	216	207.9	202.5	189
	280	271.6	260.4	252	243.6	238	232.4	224	215.6	210	196
	290	281.3	269.7	261	252.3	246.5	240.7	232	223.3	217.5	203
	300	291	279	270	261	255	249	240	231	225	210
	310	300.7	288.3	279	269.7	263.5	257.3	248	238.7	232.5	217
	320	310.4	297.6	288	278.4	272	265.6	256	246.4	240	224
	330	320.1	306.9	297	287.1	280.5	273.9	264	254.1	247.5	231
	340	329.8	316.2	306	295.8	289	282.2	272	261.8	255	238
	350	339.5	325.5	315	304.5	297.5	290.5	280	269.5	262.5	245
	360	349.2	334.8	324	313.2	306	298.8	288	277.2	270	252
	371	359.87	345.03	333.9	322.77	315.35	307.93	296.8	285.67	278.25	259.7
	380	368.6	353.4	342	330.6	323	315.4	304	292.6	285	266
	390	378.3	362.7	351	339.3	331.5	323.7	312	300.3	292.5	273
	400	388	372	360	348	340	332	320	308	300	280
	420	407.4	390.6	378	365.4	357	348.6	336	323.4	315	294
	430	417.1	399.9	387	374.1	365.5	356.9	344	331.1	322.5	301
	440	426.8	409.2	396	382.8	374	365.2	352	338.8	330	308
	450	436.5	418.5	405	391.5	382.5	373.5	360	346.5	337.5	315
	460	446.2	427.8	414	400.2	391	381.8	368	354.2	345	322
	470	455.9	437.1	423	408.9	399.5	390.1	376	361.9	352.5	329
	480	465.6	446.4	432	417.6	408	398.4	384	369.6	360	336
	490	475.3	455.7	441	426.3	416.5	406.7	392	377.3	367.5	343
	500	485	465	450	435	425	415	400	385	375	350