

Strength Max Conversion Chart (lbs)

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. It also 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.

How to use the chart: To find your 1 Rep Maximum, you do not need to do a 1RM - as for most people it is not necessary. You can simply choose a weight in which you would ideally reach muscular failure between 2 and 6 reps.

Use spotters, belts (if needed) and perfect technique! Teacher must watch!!!!

Once you have determined your weight & reps - go to the first column labeled "**Weight (in lbs)**" and find the corresponding weight you lifted. Then read across the "**Repetitions**" row and find the number of reps you completed. The number in that box is your estimated max for one rep.

Example: If you completed 8 reps at 225 lbs., then your estimated 1 Rep Max is 286 lbs.

Weight	Repetitions										
	2	3	4	5	6	7	8	9	10	11	12
45	47	49	50	52	53	55	56	58	60	62	64
50	52	54	56	58	59	61	63	65	66	68	70
55	57	59	61	63	65	67	69	71	73	75	77
60	62	65	67	69	71	73	75	77	80	82	84
65	67	70	72	75	77	79	82	84	86	88	90
70	72	76	78	81	83	85	88	90	93	95	97
75	78	81	84	86	89	92	94	97	99	101	104
80	83	86	89	92	94	98	100	103	106	108	110
85	88	92	95	98	100	104	107	110	113	115	117
90	93	97	100	104	106	110	113	116	119	123	127
95	98	103	106	109	112	116	119	123	126	129	132
100	104	108	112	115	118	122	126	129	133	136	139
105	109	113	117	121	124	128	132	135	139	142	146
110	114	119	123	127	130	134	138	142	146	150	154
115	119	124	128	132	136	140	144	148	152	156	160
120	124	130	134	138	142	146	151	155	159	163	167
125	129	135	139	144	148	153	157	161	166	170	174
130	135	140	145	150	153	159	163	168	172	178	180
135	141	147	153	158	162	167	171	176	180	184	187
140	147	153	158	163	168	173	178	182	186	190	194
145	152	158	164	169	174	179	184	189	193	197	201
150	157	164	170	175	180	185	190	195	200	204	208
155	162	169	175	181	186	192	197	202	206	211	215
160	168	175	181	187	192	198	203	208	213	217	222
165	173	180	187	193	198	204	209	215	220	224	229
170	178	186	192	198	204	210	216	221	226	231	236
175	183	191	198	204	210	216	222	228	233	238	243
180	189	196	203	210	216	223	228	234	239	245	250
185	194	202	209	216	222	229	235	241	246	251	257

Weight	Repetitions											
	1	2	3	4	5	6	7	8	9	10	11	12
190	199	207	215	222	228	235	241	247	253	258	264	
195	204	213	220	228	234	241	248	254	259	265	271	
200	209	218	226	233	240	247	254	260	266	272	277	
205	215	224	232	239	246	253	260	267	273	279	284	
210	220	229	237	245	252	260	267	273	279	285	291	
215	225	235	243	251	258	266	273	280	286	292	298	
220	230	240	249	257	264	272	279	286	293	299	305	
225	236	246	254	263	271	278	286	293	299	306	312	
230	241	251	260	268	277	284	292	299	306	313	319	
235	246	256	266	274	283	291	298	306	313	319	326	
240	251	262	271	280	289	297	305	312	319	326	333	
245	257	267	277	286	295	303	311	319	326	333	340	
250	262	273	283	292	301	309	317	325	333	340	347	
255	267	278	288	298	307	315	324	332	339	347	354	
260	272	284	294	303	313	321	330	338	346	353	361	
265	278	289	300	309	319	328	336	345	353	360	368	
270	283	295	305	315	325	334	343	351	359	367	375	
275	288	300	311	321	331	340	349	358	366	374	381	
280	293	306	316	327	337	346	355	364	372	381	388	
285	298	311	322	333	343	352	362	371	379	387	395	
290	304	316	328	338	349	358	368	377	386	394	402	
295	309	322	333	344	355	365	374	384	392	401	409	
300	314	327	339	350	361	371	381	390	399	408	416	
305	319	333	345	356	367	377	387	397	406	415	423	
310	325	338	350	362	373	383	393	403	412	421	430	
315	330	344	356	368	379	389	400	410	419	428	437	
320	335	349	362	373	385	396	406	416	426	435	444	
325	340	355	367	379	391	402	412	423	432	442	451	
330	346	360	373	385	397	408	419	429	439	449	458	
335	351	366	379	391	403	414	425	436	446	455	465	
340	356	371	384	397	409	420	432	442	452	462	472	
345	361	376	390	403	415	426	438	449	459	469	479	
350	367	382	396	409	421	433	444	455	466	476	486	
355	372	387	401	414	427	439	451	462	472	482	492	
360	377	393	407	420	433	445	457	468	479	489	499	
365	382	398	413	426	439	451	463	475	486	496	506	
370	387	404	418	432	445	457	470	481	492	503	513	
375	393	409	424	438	451	464	476	488	499	510	520	
380	398	415	429	444	457	470	482	494	505	516	527	
385	403	420	435	449	463	476	489	501	512	523	534	
390	408	426	441	455	469	482	495	507	519	530	541	
395	414	431	446	461	475	488	501	514	525	537	548	
400	419	436	452	467	481	494	508	520	532	544	555	

