One rep max chart

Write your max at 100%, then fill in the row for each percentage.

NAME

DATE

OF MAX	SQUAT	BENCH	DEADLIFT	PRESS	ROW
100%					
95%					
90%					
85%					
80%					
75%					
70%					
65%					
60%					
55%					
50%					

No true max? Estimate it: weight × reps × 0.0333 + weight. So 80 kg × 5 ≈ 93 kg. Work it out at heftic.com/tools/next-weight.

NOTES