

One Rep Max Calculator →

Calculate your 1RM

See your 1RM percentages

Estimate your rep maxes



Lbs

lb v

Repetitions

Calculate One Rep Max

Your one rep max is 202.5 lb

Percentage of 1RM	Lift Weight	Repetitions of 1RM
100%	202.5 lb	1
95%	192.4 lb	2
90%	182.3 lb	4
85%	172.1 lb	6
80%	162 lb	8
75%	151.9 lb	10

Credit One Representative

B Lingard

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name B Lingard.

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