

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

Rachel Sandford



Credit One Representative:

Eventually, you will totally discover a additional experience and endowment by spending more cash. nevertheless when? attain you acknowledge that you require to acquire those every needs gone having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will lead you to comprehend even more roughly the globe, experience, some places, gone history, amusement, and a lot more?

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