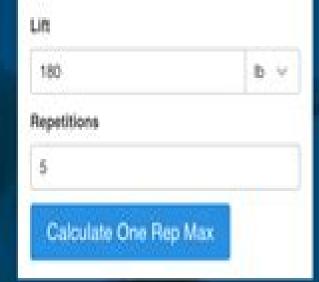
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Estimate your rep maxes





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

Credit One Representative

Rachel Sandford



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