

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

One Rep Max A Guide To Beginning Weight Training

Rob Price



One Rep Max A Guide To Beginning Weight Training:

One Rep Max Phillip A. Sienna, 1989

The Men's Health Guide To Peak Conditioning Richard

Laliberte, 1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear [The Ultimate Guide to Weight Training for Sports](#)

Rob Price, 2014-05-14 The Ultimate Guide to Weight Training for Sports is the most comprehensive and up to date sport specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features 54 sport specific weight training programs guaranteed to improve your performance and get you results No other sports book to date has been so well designed so easy to use and so committed to weight training This book takes athletes from the off season to the in season and is loaded with dozens of tips and pointers to help you maximize your training and improve your performance Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too [The Ultimate Guide to Weight Training for Field Hockey](#)

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Price, 2014-05-14 The Ultimate Guide to Weight Training for Roller Hockey is the most comprehensive and up to date roller hockey specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective

weight training flexibility and abdominal exercises used by athletes worldwide This book features year round roller hockey specific weight training programs guaranteed to improve your performance and get you results No other roller hockey book to date has been so well designed so easy to use and so committed to weight training This book takes you from the off season to the in season and is loaded with dozens of tips and pointers to help you maximize your training and improve your performance Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world including the USA Today for his sports training expertise Rob is a contributing author to Golf Fitness Magazine Swimmer s World Magazine US Bowler Magazine and OnFitness magazine and is the founder and head trainer of SportsWorkout com s e Training service In addition to being an internationally recognized fitness expert Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars

The Complete Guide to Strength Training Anita Bean,2008-08-01 A completely illustrated guide from beginners to advanced trainers **The Ultimate Guide to Weight Training for Baseball and Softball** Rob Price,2014-05-14 This is an absolute must have for any coach trainer or competitive baseball or softball player serious about taking his or her abilities to the next level With In season Off season and Preseason weight training programs designed specifically for baseball and softball you can train properly year round This brand new edition also includes over 50 four week bonus training programs Thousands of baseball and softball players from high school to the pros are already following these same programs and are maximising their abilities By doing exercises designed to train your baseball specific muscles you will strengthen your throwing arm increase your bat speed and power increase speed quickness and agility and prevent injuries

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