

Appendix B: Maximum Weight Chart

If for any reason (i.e., equipment) an athlete cannot lift the load necessary to calculate 1RM, but only 3RM, 4RM, or 5RM, and so on, it can still be calculated using the chart below. To calculate 1RM, perform the maximum number of repetitions with the load available (say 4 repetitions with 250 pounds), then follow the steps below:

1. Choose the column headed "4" (the number of repetitions performed).
2. Find the row marked "250 pounds"—the maximum load available.
3. Find the number where column 4 and row 250 meet.
4. This number is the athlete's 1RM at that given time.

| Pounds | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 |
|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 5 | 7 | 6 | 6 | 6 | 6 | 6 | 6 | 5 | 5 |
| 10 | 13 | 13 | 13 | 12 | 12 | 11 | 11 | 11 | 11 |
| 15 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 16 | 16 |
| 20 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 22 | 21 |
| 25 | 33 | 32 | 31 | 30 | 29 | 29 | 28 | 27 | 26 |
| 30 | 40 | 39 | 38 | 36 | 35 | 34 | 33 | 32 | 32 |
| 35 | 47 | 45 | 44 | 42 | 41 | 40 | 39 | 38 | 37 |
| 40 | 53 | 52 | 50 | 48 | 47 | 46 | 44 | 43 | 42 |
| 45 | 60 | 58 | 56 | 55 | 53 | 51 | 50 | 49 | 47 |
| 50 | 67 | 65 | 63 | 61 | 59 | 57 | 56 | 54 | 53 |
| 55 | 73 | 71 | 69 | 67 | 65 | 63 | 61 | 59 | 58 |
| 60 | 80 | 77 | 75 | 73 | 71 | 69 | 67 | 65 | 63 |
| 65 | 87 | 84 | 81 | 79 | 76 | 74 | 72 | 70 | 68 |
| 70 | 93 | 90 | 88 | 85 | 82 | 80 | 78 | 76 | 74 |
| 75 | 100 | 97 | 94 | 91 | 88 | 86 | 83 | 81 | 79 |
| 80 | 107 | 103 | 100 | 97 | 94 | 91 | 89 | 86 | 84 |
| 85 | 113 | 110 | 106 | 103 | 100 | 97 | 94 | 92 | 89 |
| 90 | 120 | 116 | 113 | 109 | 106 | 103 | 100 | 97 | 95 |
| 95 | 127 | 123 | 119 | 115 | 112 | 109 | 106 | 103 | 100 |
| 100 | 133 | 129 | 125 | 121 | 118 | 114 | 111 | 108 | 105 |
| 105 | 140 | 135 | 131 | 127 | 124 | 120 | 117 | 114 | 111 |
| 110 | 147 | 142 | 138 | 133 | 129 | 126 | 122 | 119 | 116 |
| 115 | 153 | 148 | 144 | 139 | 135 | 131 | 128 | 124 | 121 |

| Pounds | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 |
|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 120 | 160 | 155 | 150 | 145 | 141 | 137 | 133 | 130 | 126 |
| 125 | 167 | 161 | 156 | 152 | 147 | 143 | 139 | 135 | 132 |
| 130 | 173 | 168 | 163 | 158 | 153 | 149 | 144 | 141 | 137 |
| 135 | 180 | 174 | 169 | 164 | 159 | 154 | 150 | 146 | 142 |
| 140 | 187 | 181 | 175 | 170 | 165 | 160 | 156 | 151 | 147 |
| 145 | 193 | 187 | 181 | 176 | 171 | 166 | 161 | 157 | 153 |
| 150 | 200 | 194 | 188 | 182 | 176 | 171 | 167 | 162 | 158 |
| 155 | 207 | 200 | 194 | 188 | 182 | 177 | 172 | 168 | 163 |
| 160 | 213 | 206 | 200 | 194 | 188 | 183 | 178 | 173 | 168 |
| 165 | 220 | 213 | 206 | 200 | 194 | 189 | 183 | 178 | 174 |
| 170 | 227 | 219 | 213 | 206 | 200 | 194 | 189 | 184 | 179 |
| 175 | 233 | 226 | 219 | 212 | 206 | 200 | 194 | 189 | 184 |
| 180 | 240 | 232 | 225 | 218 | 212 | 206 | 200 | 195 | 189 |
| 185 | 247 | 239 | 231 | 224 | 218 | 211 | 206 | 200 | 195 |
| 190 | 253 | 245 | 238 | 230 | 224 | 217 | 211 | 205 | 200 |
| 195 | 260 | 252 | 244 | 236 | 229 | 223 | 217 | 211 | 205 |
| 200 | 267 | 258 | 250 | 242 | 235 | 229 | 222 | 216 | 211 |
| 205 | 273 | 265 | 256 | 248 | 241 | 234 | 228 | 222 | 216 |
| 210 | 280 | 271 | 263 | 255 | 247 | 240 | 233 | 227 | 221 |
| 215 | 287 | 277 | 269 | 261 | 253 | 246 | 239 | 232 | 226 |
| 220 | 293 | 284 | 275 | 267 | 259 | 251 | 244 | 238 | 232 |
| 225 | 300 | 290 | 281 | 273 | 265 | 257 | 250 | 243 | 237 |
| 230 | 307 | 297 | 288 | 279 | 271 | 263 | 256 | 249 | 242 |
| 235 | 313 | 303 | 294 | 285 | 276 | 269 | 261 | 254 | 247 |
| 240 | 320 | 310 | 300 | 291 | 282 | 274 | 267 | 259 | 253 |
| 245 | 327 | 316 | 306 | 297 | 288 | 280 | 272 | 265 | 258 |
| 250 | 333 | 323 | 313 | 303 | 294 | 286 | 278 | 270 | 263 |
| 255 | 340 | 329 | 319 | 309 | 300 | 291 | 283 | 276 | 268 |
| 260 | 347 | 335 | 325 | 315 | 306 | 297 | 289 | 281 | 274 |
| 265 | 353 | 342 | 331 | 321 | 312 | 303 | 294 | 286 | 279 |
| 270 | 360 | 348 | 338 | 327 | 318 | 309 | 300 | 292 | 284 |
| 275 | 367 | 355 | 344 | 333 | 324 | 314 | 306 | 297 | 289 |
| 280 | 373 | 361 | 350 | 339 | 329 | 320 | 311 | 303 | 295 |
| 285 | 380 | 368 | 356 | 345 | 335 | 326 | 317 | 308 | 300 |
| 290 | 387 | 374 | 363 | 352 | 341 | 331 | 322 | 314 | 305 |
| 295 | 393 | 381 | 369 | 358 | 347 | 337 | 328 | 319 | 311 |

(continued)

| Pounds | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 |
|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 300 | 400 | 387 | 375 | 364 | 353 | 343 | 333 | 324 | 316 |
| 305 | 407 | 394 | 381 | 370 | 359 | 349 | 339 | 330 | 321 |
| 310 | 413 | 400 | 388 | 376 | 365 | 354 | 344 | 335 | 326 |
| 315 | 420 | 406 | 394 | 382 | 371 | 360 | 350 | 341 | 332 |
| 320 | 427 | 413 | 400 | 388 | 376 | 366 | 356 | 346 | 337 |
| 325 | 433 | 419 | 406 | 394 | 382 | 371 | 361 | 351 | 342 |
| 330 | 440 | 426 | 413 | 400 | 388 | 377 | 367 | 357 | 347 |
| 335 | 447 | 432 | 419 | 406 | 394 | 383 | 372 | 362 | 353 |
| 340 | 453 | 439 | 425 | 412 | 400 | 389 | 378 | 368 | 358 |
| 345 | 460 | 445 | 431 | 418 | 406 | 394 | 383 | 373 | 363 |
| 350 | 467 | 452 | 438 | 424 | 412 | 400 | 389 | 378 | 368 |
| 355 | 473 | 458 | 444 | 430 | 418 | 406 | 394 | 384 | 374 |
| 360 | 480 | 465 | 450 | 436 | 424 | 411 | 400 | 389 | 379 |
| 365 | 487 | 471 | 456 | 442 | 429 | 417 | 406 | 395 | 384 |
| 370 | 493 | 477 | 463 | 448 | 435 | 423 | 411 | 400 | 389 |
| 375 | 500 | 484 | 469 | 455 | 441 | 429 | 417 | 405 | 395 |
| 380 | 507 | 490 | 475 | 461 | 447 | 434 | 422 | 411 | 400 |
| 385 | 513 | 497 | 481 | 467 | 453 | 440 | 428 | 416 | 405 |
| 390 | 520 | 503 | 488 | 473 | 459 | 446 | 433 | 422 | 411 |
| 395 | 527 | 510 | 494 | 479 | 465 | 451 | 439 | 427 | 416 |
| 400 | 533 | 516 | 500 | 485 | 471 | 457 | 444 | 432 | 421 |
| 405 | 540 | 523 | 506 | 491 | 476 | 463 | 450 | 438 | 426 |
| 410 | 547 | 529 | 513 | 497 | 482 | 469 | 456 | 443 | 432 |
| 415 | 553 | 535 | 519 | 503 | 488 | 474 | 461 | 449 | 437 |
| 420 | | 542 | 525 | 509 | 494 | 480 | 467 | 454 | 442 |
| 425 | | 548 | 531 | 515 | 500 | 486 | 472 | 459 | 447 |
| 430 | | 555 | 538 | 521 | 506 | 491 | 478 | 465 | 453 |
| 435 | | 561 | 544 | 527 | 512 | 497 | 483 | 470 | 458 |
| 440 | | 568 | 550 | 533 | 518 | 503 | 489 | 476 | 463 |
| 445 | | 574 | 556 | 539 | 524 | 509 | 494 | 481 | 468 |
| 450 | | 581 | 563 | 545 | 529 | 514 | 500 | 486 | 474 |
| 455 | | 587 | 569 | 552 | 535 | 520 | 506 | 492 | 479 |
| 460 | | 594 | 575 | 558 | 541 | 526 | 511 | 497 | 484 |
| 465 | | 600 | 581 | 564 | 547 | 531 | 517 | 503 | 489 |
| 470 | | 606 | 588 | 570 | 553 | 537 | 522 | 508 | 495 |
| 475 | | 613 | 594 | 576 | 559 | 543 | 528 | 514 | 500 |
| 480 | | 619 | 600 | 582 | 565 | 549 | 532 | 519 | 505 |

| Pounds | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 |
|--------|----|-----|-----|-----|-----|-----|-----|-----|-----|
| 485 | | 626 | 606 | 588 | 571 | 554 | 539 | 524 | 511 |
| 490 | | 632 | 613 | 594 | 576 | 560 | 544 | 530 | 516 |
| 495 | | 639 | 619 | 600 | 582 | 566 | 550 | 535 | 521 |
| 500 | | 645 | 625 | 606 | 588 | 571 | 556 | 541 | 526 |
| 505 | | 652 | 631 | 612 | 594 | 577 | 561 | 546 | 532 |
| 510 | | 658 | 638 | 618 | 600 | 583 | 567 | 551 | 537 |
| 515 | | 665 | 644 | 624 | 606 | 589 | 572 | 557 | 542 |
| 520 | | 671 | 650 | 630 | 612 | 594 | 578 | 562 | 547 |
| 525 | | 677 | 656 | 636 | 618 | 600 | 583 | 569 | 553 |
| 530 | | 684 | 663 | 642 | 624 | 606 | 589 | 573 | 558 |
| 535 | | 690 | 669 | 648 | 629 | 611 | 594 | 578 | 563 |
| 540 | | 697 | 675 | 655 | 635 | 617 | 600 | 584 | 568 |
| 545 | | 703 | 681 | 661 | 641 | 623 | 606 | 589 | 574 |
| 550 | | 710 | 688 | 667 | 647 | 629 | 611 | 595 | 579 |
| 555 | | 716 | 694 | 673 | 653 | 634 | 617 | 600 | 584 |
| 560 | | 723 | 700 | 679 | 659 | 640 | 622 | 605 | 589 |
| 565 | | 729 | 706 | 685 | 665 | 646 | 628 | 611 | 595 |
| 570 | | 735 | 713 | 691 | 671 | 651 | 633 | 616 | 600 |
| 575 | | 742 | 719 | 697 | 676 | 657 | 639 | 622 | 605 |
| 580 | | 748 | 725 | 703 | 682 | 663 | 644 | 627 | 611 |
| 585 | | 755 | 731 | 709 | 688 | 669 | 650 | 632 | 616 |
| 590 | | 761 | 738 | 715 | 694 | 674 | 656 | 638 | 621 |
| 595 | | 768 | 744 | 721 | 700 | 680 | 661 | 643 | 626 |
| 600 | | 774 | 750 | 727 | 706 | 686 | 667 | 649 | 632 |
| 605 | | 781 | 756 | 733 | 712 | 691 | 672 | 654 | 637 |
| 610 | | 787 | 763 | 739 | 718 | 697 | 678 | 659 | 642 |
| 615 | | 794 | 769 | 745 | 724 | 703 | 683 | 665 | 647 |
| 620 | | 800 | 775 | 752 | 729 | 709 | 689 | 670 | 653 |
| 625 | | 806 | 781 | 758 | 735 | 714 | 694 | 676 | 658 |
| 630 | | 813 | 788 | 764 | 741 | 720 | 700 | 681 | 663 |
| 635 | | 819 | 794 | 770 | 747 | 726 | 706 | 686 | 668 |
| 640 | | 826 | 800 | 776 | 753 | 731 | 711 | 692 | 674 |
| 645 | | 832 | 806 | 782 | 759 | 737 | 717 | 697 | 679 |
| 650 | | 839 | 813 | 788 | 765 | 743 | 722 | 703 | 684 |
| 655 | | 845 | 819 | 794 | 771 | 749 | 728 | 708 | 689 |
| 660 | | 852 | 825 | 800 | 776 | 754 | 733 | 714 | 695 |