REPMAX LAB · ONEREPMAXCALCULATORS.SI

Rep max chart (lb): estimated 1RM

Lifted	1	2	3	4	5	6	7	8	9	10	12
95 lb	95	100	105	105	110	115	115	120	120	125	130
115 lb	115	120	125	130	135	135	140	145	145	150	160
135 lb	135	145	145	150	155	160	165	170	175	175	185
155 lb	155	165	170	175	180	185	190	195	200	205	215
185 lb	185	195	200	210	215	220	225	230	235	240	255
205 lb	205	215	225	230	235	245	250	255	260	270	280
225 lb	225	240	245	255	260	265	275	280	290	295	310
245 lb	245	260	270	275	285	290	300	305	315	320	335
275 lb	275	290	300	310	315	325	335	345	350	360	380
315 lb	315	335	345	355	365	375	385	395	405	410	435
365 lb	365	385	400	410	420	435	445	455	465	480	500
405 lb	405	430	440	455	470	480	490	505	520	530	555
455 lb	455	480	495	510	525	540	555	565	580	595	625
495 lb	495	525	540	555	570	585	600	615	635	650	680

Find the weight you lifted (row) and the reps you completed (column). Cell = estimated one-rep max, rounded to 5 lb, average of 7 formulas. Most accurate from sets of 10 reps or fewer.

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Rep max chart (kg): estimated 1RM

Lifted	1	2	3	4	5	6	7	8	9	10	12
40 kg	40	42.5	42.5	45	45	47.5	47.5	50	50	52.5	55
50 kg	50	52.5	55	55	57.5	60	60	62.5	65	65	67.5
60 kg	60	62.5	65	67.5	70	70	72.5	75	77.5	77.5	82.5
70 kg	70	75	77.5	77.5	80	82.5	85	87.5	90	92.5	95
80 kg	80	85	87.5	90	92.5	95	97.5	100	102.5	105	110
90 kg	90	95	97.5	100	105	107.5	110	112.5	115	117.5	122.5
100 kg	100	105	110	112.5	115	117.5	122.5	125	127.5	130	137.5
110 kg	110	117.5	120	122.5	127.5	130	132.5	137.5	140	145	150
120 kg	120	127.5	130	135	137.5	142.5	145	150	152.5	157.5	165
140 kg	140	147.5	152.5	157.5	162.5	165	170	175	180	182.5	192.5
160 kg	160	170	175	180	185	190	195	200	205	210	220
180 kg	180	190	197.5	202.5	207.5	212.5	220	225	230	235	247.5
200 kg	200	212.5	217.5	225	230	237.5	242.5	250	255	262.5	275
220 kg	220	232.5	240	247.5	255	260	267.5	275	280	287.5	302.5

Rounded to 2.5 kg. % of 1RM by reps (NSCA): 1=100, 2=95, 3=93, 4=90, 5=87, 6=85, 7=83, 8=80, 9=77, 10=75, 12=70.