

# Calculate 1RM from any rep max set

Reps performed	% of 1RM	x factor
1	100	1.00
2	95	1.05
3	93	1.08
4	90	1.11
5	87	1.15
6	85	1.18
7	83	1.20
8	80	1.25
9	77	1.30
10	75	1.33

# How To Find Your 1 Rm

**Roman Wölfel**



**How To Find Your 1 Rm:**

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