

Percentage of 1RM chart

1RM	95%	90%	85%	80%	75%	70%	65%	60%
60	57.5	55	50	47.5	45	42.5	40	35
80	75	72.5	67.5	65	60	55	52.5	47.5
100	95	90	85	80	75	70	65	60
120	115	107.5	102.5	95	90	85	77.5	72.5
140	132.5	125	120	112.5	105	97.5	90	85
160	152.5	145	135	127.5	120	112.5	105	95
180	170	162.5	152.5	145	135	125	117.5	107.5
200	190	180	170	160	150	140	130	120
220	210	197.5	187.5	175	165	155	142.5	132.5

Rounded to 2.5 (kg or lb).

Notes