

**Table 1.** Guide for determining 1RM in beginners and weight training novices from varying repetitions performed to maximum effort (reps to fatigue or RTF test). An estimate of 1RM is made when the weight lifted is multiplied by the reversion factor according to the number of repetitions that were performed with that weight. For example, if during a test an athlete could bench press 50 kg x 10 repetitions, then the estimated 1RM would be 62.5 kg (50 kg x 1.25).

% 1RM	100	96	94	92	90	88	86	84	82	80	78	76	74	72	70	68	66	64	62	61
# Reps	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Reconvert.	-	1.04	1.06	1.08	1.11	1.13	1.16	1.19	1.22	1.25	1.28	1.31	1.35	1.39	1.43	1.47	1.52	1.56	1.61	1.63

**Table 2.** Guide for determining 1RM in experienced trainers from varying repetitions performed to maximum effort (reps to fatigue or RTF test). An estimate of 1RM is made when the weight lifted is multiplied by the reversion factor according to the number of repetitions that were performed with that weight. For example, if during a test an athlete could bench press 75 kg x 10 repetitions, then the estimated 1RM would be 100 kg (75 kg x 1.33).

% 1RM	100	95	92	89	86	83	81	79	77	75	73	71	69.5	68	66.5	65	64	63	62	61
# Reps	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Reconvert.	-	1.05	1.08	1.12	1.16	1.2	1.23	1.26	1.29	1.33	1.36	1.4	1.43	1.47	1.5	1.53	1.56	1.58	1.61	1.63

