

Weightlifting Percentages (45 lb bar)

1 rep max	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
45	45	42.8	40.5	38.3	36.0	33.8	31.5	29.3	27.0	24.8	22.5
50	50	47.5	45.0	42.5	40.0	37.5	35.0	32.5	30.0	27.5	25.0
55	55	52.3	49.5	46.8	44.0	41.3	38.5	35.8	33.0	30.3	27.5
60	60	57.0	54.0	51.0	48.0	45.0	42.0	39.0	36.0	33.0	30.0
65	65	61.8	58.5	55.3	52.0	48.8	45.5	42.3	39.0	35.8	32.5
70	70	66.5	63.0	59.5	56.0	52.5	49.0	45.5	42.0	38.5	35.0
75	75	71.3	67.5	63.8	60.0	56.3	52.5	48.8	45.0	41.3	37.5
80	80	76.0	72.0	68.0	64.0	60.0	56.0	52.0	48.0	44.0	40.0
85	85	80.8	76.5	72.3	68.0	63.8	59.5	55.3	51.0	46.8	42.5
90	90	85.5	81.0	76.5	72.0	67.5	63.0	58.5	54.0	49.5	45.0
95	95	90.3	85.5	80.8	76.0	71.3	66.5	61.8	57.0	52.3	47.5
100	100	95.0	90.0	85.0	80.0	75.0	70.0	65.0	60.0	55.0	50.0
105	105	99.8	94.5	89.3	84.0	78.8	73.5	68.3	63.0	57.8	52.5
110	110	104.5	99.0	93.5	88.0	82.5	77.0	71.5	66.0	60.5	55.0
115	115	109.3	103.5	97.8	92.0	86.3	80.5	74.8	69.0	63.3	57.5
120	120	114.0	108.0	102.0	96.0	90.0	84.0	78.0	72.0	66.0	60.0
125	125	118.8	112.5	106.3	100.0	93.8	87.5	81.3	75.0	68.8	62.5
130	130	123.5	117.0	110.5	104.0	97.5	91.0	84.5	78.0	71.5	65.0
135	135	128.3	121.5	114.8	108.0	101.3	94.5	87.8	81.0	74.3	67.5
140	140	133.0	126.0	119.0	112.0	105.0	98.0	91.0	84.0	77.0	70.0
145	145	137.8	130.5	123.3	116.0	108.8	101.5	94.3	87.0	79.8	72.5
150	150	142.5	135.0	127.5	120.0	112.5	105.0	97.5	90.0	82.5	75.0
155	155	147.3	139.5	131.8	124.0	116.3	108.5	100.8	93.0	85.3	77.5
160	160	152.0	144.0	136.0	128.0	120.0	112.0	104.0	96.0	88.0	80.0
165	165	156.8	148.5	140.3	132.0	123.8	115.5	107.3	99.0	90.8	82.5
170	170	161.5	153.0	144.5	136.0	127.5	119.0	110.5	102.0	93.5	85.0
175	175	166.3	157.5	148.8	140.0	131.3	122.5	113.8	105.0	96.3	87.5
180	180	171.0	162.0	153.0	144.0	135.0	126.0	117.0	108.0	99.0	90.0
185	185	175.8	166.5	157.3	148.0	138.8	129.5	120.3	111.0	101.8	92.5
190	190	180.5	171.0	161.5	152.0	142.5	133.0	123.5	114.0	104.5	95.0
195	195	185.3	175.5	165.8	156.0	146.3	136.5	126.8	117.0	107.3	97.5
200	200	190.0	180.0	170.0	160.0	150.0	140.0	130.0	120.0	110.0	100.0
205	205	194.8	184.5	174.3	164.0	153.8	143.5	133.3	123.0	112.8	102.5
210	210	199.5	189.0	178.5	168.0	157.5	147.0	136.5	126.0	115.5	105.0
215	215	204.3	193.5	182.8	172.0	161.3	150.5	139.8	129.0	118.3	107.5
220	220	209.0	198.0	187.0	176.0	165.0	154.0	143.0	132.0	121.0	110.0
225	225	213.8	202.5	191.3	180.0	168.8	157.5	146.3	135.0	123.8	112.5
230	230	218.5	207.0	195.5	184.0	172.5	161.0	149.5	138.0	126.5	115.0
235	235	223.3	211.5	199.8	188.0	176.3	164.5	152.8	141.0	129.3	117.5
240	240	228.0	216.0	204.0	192.0	180.0	168.0	156.0	144.0	132.0	120.0
245	245	232.8	220.5	208.3	196.0	183.8	171.5	159.3	147.0	134.8	122.5
250	250	237.5	225.0	212.5	200.0	187.5	175.0	162.5	150.0	137.5	125.0

Weightlifting Percentages (45 lb bar)

1 rep max	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
255	255	242.3	229.5	216.8	204.0	191.3	178.5	165.8	153.0	140.3	127.5
260	260	247.0	234.0	221.0	208.0	195.0	182.0	169.0	156.0	143.0	130.0
265	265	251.8	238.5	225.3	212.0	198.8	185.5	172.3	159.0	145.8	132.5
270	270	256.5	243.0	229.5	216.0	202.5	189.0	175.5	162.0	148.5	135.0
275	275	261.3	247.5	233.8	220.0	206.3	192.5	178.8	165.0	151.3	137.5
280	280	266.0	252.0	238.0	224.0	210.0	196.0	182.0	168.0	154.0	140.0
285	285	270.8	256.5	242.3	228.0	213.8	199.5	185.3	171.0	156.8	142.5
290	290	275.5	261.0	246.5	232.0	217.5	203.0	188.5	174.0	159.5	145.0
295	295	280.3	265.5	250.8	236.0	221.3	206.5	191.8	177.0	162.3	147.5
300	300	285.0	270.0	255.0	240.0	225.0	210.0	195.0	180.0	165.0	150.0
305	305	289.8	274.5	259.3	244.0	228.8	213.5	198.3	183.0	167.8	152.5
310	310	294.5	279.0	263.5	248.0	232.5	217.0	201.5	186.0	170.5	155.0
315	315	299.3	283.5	267.8	252.0	236.3	220.5	204.8	189.0	173.3	157.5
320	320	304.0	288.0	272.0	256.0	240.0	224.0	208.0	192.0	176.0	160.0
325	325	308.8	292.5	276.3	260.0	243.8	227.5	211.3	195.0	178.8	162.5
330	330	313.5	297.0	280.5	264.0	247.5	231.0	214.5	198.0	181.5	165.0
335	335	318.3	301.5	284.8	268.0	251.3	234.5	217.8	201.0	184.3	167.5
340	340	323.0	306.0	289.0	272.0	255.0	238.0	221.0	204.0	187.0	170.0
345	345	327.8	310.5	293.3	276.0	258.8	241.5	224.3	207.0	189.8	172.5
350	350	332.5	315.0	297.5	280.0	262.5	245.0	227.5	210.0	192.5	175.0
355	355	337.3	319.5	301.8	284.0	266.3	248.5	230.8	213.0	195.3	177.5
360	360	342.0	324.0	306.0	288.0	270.0	252.0	234.0	216.0	198.0	180.0
365	365	346.8	328.5	310.3	292.0	273.8	255.5	237.3	219.0	200.8	182.5
370	370	351.5	333.0	314.5	296.0	277.5	259.0	240.5	222.0	203.5	185.0
375	375	356.3	337.5	318.8	300.0	281.3	262.5	243.8	225.0	206.3	187.5
380	380	361.0	342.0	323.0	304.0	285.0	266.0	247.0	228.0	209.0	190.0
385	385	365.8	346.5	327.3	308.0	288.8	269.5	250.3	231.0	211.8	192.5
390	390	370.5	351.0	331.5	312.0	292.5	273.0	253.5	234.0	214.5	195.0
395	395	375.3	355.5	335.8	316.0	296.3	276.5	256.8	237.0	217.3	197.5
400	400	380.0	360.0	340.0	320.0	300.0	280.0	260.0	240.0	220.0	200.0
405	405	384.8	364.5	344.3	324.0	303.8	283.5	263.3	243.0	222.8	202.5
410	410	389.5	369.0	348.5	328.0	307.5	287.0	266.5	246.0	225.5	205.0
415	415	394.3	373.5	352.8	332.0	311.3	290.5	269.8	249.0	228.3	207.5
420	420	399.0	378.0	357.0	336.0	315.0	294.0	273.0	252.0	231.0	210.0
425	425	403.8	382.5	361.3	340.0	318.8	297.5	276.3	255.0	233.8	212.5
430	430	408.5	387.0	365.5	344.0	322.5	301.0	279.5	258.0	236.5	215.0
435	435	413.3	391.5	369.8	348.0	326.3	304.5	282.8	261.0	239.3	217.5
440	440	418.0	396.0	374.0	352.0	330.0	308.0	286.0	264.0	242.0	220.0
445	445	422.8	400.5	378.3	356.0	333.8	311.5	289.3	267.0	244.8	222.5
450	450	427.5	405.0	382.5	360.0	337.5	315.0	292.5	270.0	247.5	225.0
455	455	432.3	409.5	386.8	364.0	341.3	318.5	295.8	273.0	250.3	227.5
460	460	437.0	414.0	391.0	368.0	345.0	322.0	299.0	276.0	253.0	230.0