

## *Weightlifting Percentages (45 lb bar)*

<b>1 rep max</b>	<b>100%</b>	<b>95%</b>	<b>90%</b>	<b>85%</b>	<b>80%</b>	<b>75%</b>	<b>70%</b>	<b>65%</b>	<b>60%</b>	<b>55%</b>	<b>50%</b>
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