

Number of Repetitions Performed	Percent of 1-Repetition Maximum	Multiply Weight Lifted By:
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
11	70	1.43
12	67	1.49
15	65	1.54