

General Guidelines for 1RM

You will be tested on the following lifts: Bench Press and Back Squat. For all the lifts you will need two partners to spot you.

Load increase increments:

1. Upper Body: 5-10 %
2. Lower Body: 10-20 %

Step-by-step directions for a 1 rep-max:

1. Warm-up: 5-10 repetitions @ light weight (use increment increase from above)
2. 2-3 minutes recovery
3. 3-4 repetitions @ normal workout weight
4. 3-4 minutes recovery
5. 1-2 repetitions after adding 10%
6. 4-5 minutes recovery
7. Increase weight
8. 1 repetition*
9. Repeat steps 6-8 until failure is reached

*If failure occurs on the 1st attempt at 1 rep-max, complete 5-6 minutes of recovery then decrease the weight by 5 LB for upper body and 10 LB for lower body.