TALKGYM

One-rep max percentage chart

How much you can lift for each number of reps, as a share of your one-rep max (1RM).

Online, with updates

1 rep	2 reps	3 reps	4 reps	5 reps	6 reps
100%	**95%**	**93%**	**90%**	**87%**	**85%**

7 reps	8 reps	9 reps	10 reps	12 reps
83%	**80%**	**77%**	**75%**	**70%**

Estimate your max: weight lifted / % for the reps. 8 reps at 160 lb: 160 / 0.80 = 200 lb. **Pick a weight:** 1RM x % for the reps you want.

1RM	95%	90%	85%	80%	75%	70%
100 lb	95	90	85	80	75	70
125 lb	120	110	105	100	95	90
150 lb	140	135	130	120	110	105
175 lb	165	160	150	140	130	120
200 lb	190	180	170	160	150	140
225 lb	215	200	190	180	170	160
250 lb	240	225	210	200	190	175
275 lb	260	250	235	220	205	190
300 lb	285	270	255	240	225	210
325 lb	310	290	275	260	245	230
350 lb	330	315	300	280	260	245
375 lb	355	340	320	300	280	260
400 lb	380	360	340	320	300	280
425 lb	405	380	360	340	320	300
450 lb	430	405	380	360	340	315
475 lb	450	430	405	380	355	330
500 lb	475	450	425	400	375	350

Weights rounded to the nearest 5 lb. Use a spotter or safety arms on heavy sets.

Sources: NSCA Training Load Chart. Checked October 2026.
Free to print.