ONE REP MAX (1RM) CALCULATOR

please follow these step-by-step instructions:

- Step 1: Choose the Weight Unit kg or pounds
- Step 2: Enter the Weight Lifted.
- Step 3: Enter the Reps.
 Input the number of repetitions you completed with the given weight. For example, if you performed 5 reps, enter "5".
- Step 4: Click on the "CALCULATE" button.
 The calculator will display your One-Rep Max (1RM) as well as percentages ranging from 95% down to 50%.

How To Find Your 1 Rm

Raffaela Di Napoli

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