

ONE REP MAX (1RM) CALCULATOR

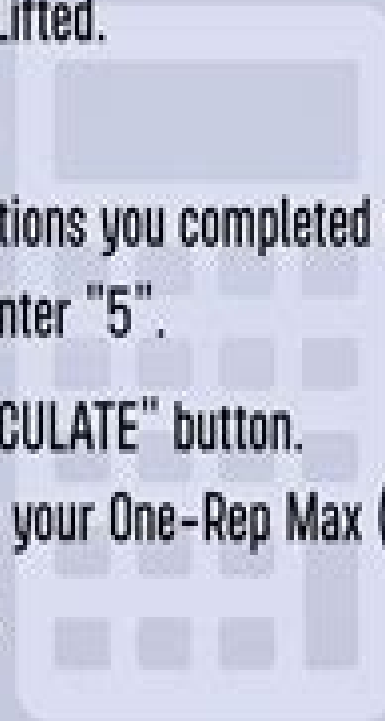
please follow these step-by-step instructions:

- 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

**Robert Dos Remedios, Editors of Men's
Health Magazi**

How To Find Your 1 Rm:

Discover tales of courage and bravery in Crafted by is empowering ebook, Unleash Courage in **How To Find Your 1 Rm** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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