

One Rep Max Charts

Reps to failure as a percentage of your one rep max, by formula. The average column is what our calculators use.

Reps	Epley	Brzycki	Lander	Lombardi	Mayhew et al.	O'Conner et al.	Wathan	Average
1	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
2	93.8	97.2	96.0	93.3	89.7	95.2	95.1	94.3
3	90.9	94.4	93.3	89.6	87.7	93.0	91.8	91.5
4	88.2	91.7	90.6	87.1	85.8	90.9	88.7	89.0
5	85.7	88.9	87.9	85.1	84.0	88.9	85.8	86.6
6	83.3	86.1	85.3	83.6	82.3	87.0	83.1	84.4
7	81.1	83.3	82.6	82.3	80.7	85.1	80.6	82.3
8	78.9	80.6	79.9	81.2	79.2	83.3	78.3	80.2
9	76.9	77.8	77.3	80.3	77.7	81.6	76.2	78.3
10	75.0	75.0	74.6	79.4	76.4	80.0	74.2	76.4
11	73.2	72.2	71.9	78.7	75.1	78.4	72.4	74.6
12	71.4	69.4	69.2	78.0	73.9	76.9	70.7	72.8
13	69.8	66.7	66.6	77.4	72.7	75.5	69.1	71.1
14	68.2	63.9	63.9	76.8	71.6	74.1	67.6	69.4
15	66.7	61.1	61.2	76.3	70.6	72.7	66.3	67.8
16	65.2	58.3	58.6	75.8	69.6	71.4	65.0	66.3
17	63.8	55.6	55.9	75.3	68.6	70.2	63.8	64.8
18	62.5	52.8	53.2	74.9	67.8	69.0	62.7	63.3
19	61.2	50.0	50.5	74.5	66.9	67.8	61.7	61.8
20	60.0	47.2	47.9	74.1	66.1	66.7	60.8	60.4

Example: if you can lift a weight for 5 reps, it is about 86.6% of your max.

Estimated 1RM lookup (lb)

Find the weight you lifted on the left and your reps along the top. Values are estimated 1RM in lb (average of 7 formulas).

Weight (lb)	1 rep	2 reps	3 reps	4 reps	5 reps	6 reps	8 reps	10 reps
135	135	143	148	152	156	160	168	177
145	145	154	158	163	167	172	181	190
155	155	164	169	174	179	184	193	203
165	165	175	180	185	191	196	206	216
175	175	186	191	197	202	207	218	229
185	185	196	202	208	214	219	231	242
195	195	207	213	219	225	231	243	256
205	205	217	224	230	237	243	256	269
215	215	228	235	242	248	255	268	282
225	225	239	246	253	260	267	281	295
235	235	249	257	264	271	279	293	308
245	245	260	268	275	283	290	306	321
255	255	270	279	287	294	302	318	334
265	265	281	290	298	306	314	330	347
275	275	292	301	309	318	326	343	360
285	285	302	312	320	329	338	355	373
295	295	313	322	332	341	350	368	387
305	305	324	333	343	352	362	380	400
315	315	334	344	354	364	373	393	413
325	325	345	355	365	375	385	405	426
335	335	355	366	377	387	397	418	439
345	345	366	377	388	398	409	430	452
355	355	377	388	399	410	421	443	465
365	365	387	399	410	422	433	455	478
375	375	398	410	422	433	445	468	491
385	385	408	421	433	445	456	480	505
395	395	419	432	444	456	468	493	518
405	405	430	443	455	468	480	505	531

Estimated 1RM lookup (kg)

Find the weight you lifted on the left and your reps along the top. Values are estimated 1RM in kg (average of 7 formulas).

Weight (kg)	1 rep	2 reps	3 reps	4 reps	5 reps	6 reps	8 reps	10 reps
60	60	64	66	67	69	71	75	79
65	65	69	71	73	75	77	81	85
70	70	74	77	79	81	83	87	92
75	75	80	82	84	87	89	94	98
80	80	85	87	90	92	95	100	105
85	85	90	93	96	98	101	106	111
90	90	95	98	101	104	107	112	118
95	95	101	104	107	110	113	118	124
100	100	106	109	112	115	119	125	131
105	105	111	115	118	121	124	131	138
110	110	117	120	124	127	130	137	144
115	115	122	126	129	133	136	143	151
120	120	127	131	135	139	142	150	157
125	125	133	137	141	144	148	156	164
130	130	138	142	146	150	154	162	170
135	135	143	148	152	156	160	168	177
140	140	148	153	157	162	166	175	183
145	145	154	158	163	167	172	181	190
150	150	159	164	169	173	178	187	197
155	155	164	169	174	179	184	193	203
160	160	170	175	180	185	190	200	210
165	165	175	180	185	191	196	206	216
170	170	180	186	191	196	202	212	223
175	175	186	191	197	202	207	218	229
180	180	191	197	202	208	213	224	236