

1-RM TESTING PROTOCOL

1. Instruct the athlete to warm up with a light resistance that easily allows 5-10 repetitions.
2. Provide a 1-min rest period.
3. Estimate a warm-up load that will allow the athlete to complete 3-5 repetitions by adding
 - 10-20lb (4-9kg) or 5-10% for upper-body exercise or
 - 30-40lb (14-18kg) or 10-20% for lower-body exercise
4. Provide a 2-min rest period.
5. Estimate a conservative, near-maximum load that will allow the athlete to complete 2-3 repetitions by adding
 - 10-20lb (4-9kg) or 5-10% for upper-body exercise or
 - 30-40lb (14-18kg) or 10-20% for lower-body exercise
6. Provide a 2-4-min rest period.
7. Make a load increase
 - 10-20lb (4-9kg) or 5-10% for upper-body exercise or
 - 30-40lb (14-18kg) or 10-20% for lower-body exercise
8. Instruct the athlete to attempt a 1-RM.
9. If the athlete was successful, provide a 2-4-min rest period and go back to step 7.

If the athlete failed, provide a 2-4-min rest period, decrease the load by subtracting

- 5-10lb (2-4kg) or 2.5-5% for upper-body exercises or
- 15-20lb (7-9kg) or 5-10% for lower-body exercises

AND then go back to step 8.

Continue increasing or decreasing the load until the athlete can complete one repetition with proper exercise technique. Ideally the athlete's 1-RM will be measured within 5 testing sets.

NAME: _____ DATE: _____

1 REP MAX TESTING RESULTS

BENCH PRESS: _____ lbs.

SQUAT: _____ lbs.

DEAD LIFT: _____ lbs.