

Personal Workout / Max-out form

Directions

A one repetition Max-out must be determined for each lift listed below.

However, You do not have to do an actual one repetition Max-out.

An estimated one repetition Max-out can be used by doing the following:

- 1) Do 1 set of 10-12 repetitions at a light weight selection (light warm-up).
- 2) Do 1 set of 8-10 repetitions at a moderate weight selection (moderate warm-up).
- 3) Then Choose a weight that you know that you can not lift more than 10 repetitions, then lift that weight as many times as possible, working until total fatigue.

FOR A MORE ACCURATE MAX-OUT, CHOOSE A WEIGHT THAT WILL CAUSE YOU TO FAIL BETWEEN 2 AND 6 REPETITIONS.

- 4) Fill in the chart below, recording the weight used and repetitions achieved.
- 5) To locate your estimated one repetitions maximum, use the yellow sheet labeled "find your strength level chart", to record the estimated one repetition Max-out.

Exercises:	Weight:	Repetitions:	Estimated Max:
Bench			
Incline Press			
Decline Press			
Military Press			
Squat			
Deadlift			
Lat Pull Down			