

Relative Intensity Table												
Recommendations	Effort	1RM %	100%	96%	94%	91%	88%	86%	83%	80%	77%	74%
		Reps	1	2	3	4	5	6	7	8	9	10
	Relative Intensity		Absolute Intensity									
Max	Max	100.0%	100	96	94	91	88	86	83	80	77	74
Very	Very	97.5%	98	94	91	88	85	83	80	78	75	72
Heavy	Heavy	95.0%	95	91	89	86	83	81	78	76	73	70
Occasional (0-1wk/4wks)	Heavy	92.5%	93	89	86	84	81	79	76	74	71	68
		90.0%	90	86	84	81	79	77	74	72	69	67
Majority of work sets. (1-3wks/4wks)	Mod +	87.5%	88	84	82	79	77	75	72	70	67	65
		85.0%	85	82	79	77	74	73	70	68	65	63
Unload & Base Work (0-1wk/4wks)	Mod	82.5%	83	79	77	75	72	71	68	66	63	61
		80.0%	80	77	75	72	70	68	66	64	61	59
Light	Light	77.5%	78	74	72	70	68	66	64	62	59	57
		75.0%	75	72	70	68	66	64	62	60	57	56
Very	Very	72.5%	73	70	68	66	63	62	60	58	55	54
Light	Light	70.0%	70	67	65	63	61	60	58	56	54	52
Rarely used. Insufficient load for adaptation.	Too	67.5%	68	65	63	61	59	58	56	54	52	50
	Light	65.0%	65	62	61	59	57	56	54	52	50	48