

Percentage of 1RM chart

Every training load from 60 to 100% of a 1RM, in kg. Each load is rounded to the nearest 2.5 kg.

LOAD IN KG • ROUNDED TO THE NEAREST 2.5 KG

1RM (KG)	60%	65%	70%	75%	80%	85%	90%	95%	100%
40	25	25	27.5	30	32.5	35	35	37.5	40
45	27.5	30	32.5	35	35	37.5	40	42.5	45
50	30	32.5	35	37.5	40	42.5	45	47.5	50
55	32.5	35	37.5	42.5	45	47.5	50	52.5	55
60	35	40	42.5	45	47.5	50	55	57.5	60
65	40	42.5	45	50	52.5	55	57.5	62.5	65
70	42.5	45	50	52.5	55	60	62.5	67.5	70
75	45	50	52.5	57.5	60	65	67.5	72.5	75
80	47.5	52.5	55	60	65	67.5	72.5	75	80
85	50	55	60	65	67.5	72.5	77.5	80	85
90	55	57.5	62.5	67.5	72.5	77.5	80	85	90
95	57.5	62.5	67.5	72.5	75	80	85	90	95
100	60	65	70	75	80	85	90	95	100
105	62.5	67.5	72.5	80	85	90	95	100	105
110	65	72.5	77.5	82.5	87.5	92.5	100	105	110
115	70	75	80	87.5	92.5	97.5	102.5	110	115
120	72.5	77.5	85	90	95	102.5	107.5	115	120
125	75	82.5	87.5	95	100	107.5	112.5	120	125
130	77.5	85	90	97.5	105	110	117.5	122.5	130
135	80	87.5	95	102.5	107.5	115	122.5	127.5	135
140	85	90	97.5	105	112.5	120	125	132.5	140
145	87.5	95	102.5	110	115	122.5	130	137.5	145
150	90	97.5	105	112.5	120	127.5	135	142.5	150
155	92.5	100	107.5	117.5	125	132.5	140	147.5	155
160	95	105	112.5	120	127.5	135	145	152.5	160

LOAD IN KG • ROUNDED TO THE NEAREST 2.5 KG • CONTINUED

1RM (KG)	60%	65%	70%	75%	80%	85%	90%	95%	100%
165	100	107.5	115	125	132.5	140	147.5	157.5	165
170	102.5	110	120	127.5	135	145	152.5	162.5	170
175	105	115	122.5	132.5	140	150	157.5	167.5	175
180	107.5	117.5	125	135	145	152.5	162.5	170	180
185	110	120	130	140	147.5	157.5	167.5	175	185
190	115	122.5	132.5	142.5	152.5	162.5	170	180	190
195	117.5	127.5	137.5	147.5	155	165	175	185	195
200	120	130	140	150	160	170	180	190	200
205	122.5	132.5	142.5	155	165	175	185	195	205
210	125	137.5	147.5	157.5	167.5	177.5	190	200	210
215	130	140	150	162.5	172.5	182.5	192.5	205	215
220	132.5	142.5	155	165	175	187.5	197.5	210	220
225	135	147.5	157.5	170	180	192.5	202.5	215	225
230	137.5	150	160	172.5	185	195	207.5	217.5	230
235	140	152.5	165	177.5	187.5	200	212.5	222.5	235
240	145	155	167.5	180	192.5	205	215	227.5	240
245	147.5	160	172.5	185	195	207.5	220	232.5	245
250	150	162.5	175	187.5	200	212.5	225	237.5	250

- 01

Use a current 1RM

An old 1RM gives loads that are too light or too heavy. The RPE calculator estimates a current one from a recent set.
- 02

Read across

Find the 1RM in the left column and read across to the percentage your program asks for.
- 03

Round with care

Loads round to the nearest 2.5 kg, up or down. Round down by hand on a heavy day if you want to stay safe.

ON [STRENGTHACADEMY.APP](#)

Change plates? The calculator on the page also rounds to 0.5 or 1 kg.

Program in percentages in Strength Academy and each athlete sees their own load in kg, worked out from their 1RM.