

## Maximum Reps Chart

Max Possible reps		
%	Cal Dietz	Dan Baker
100	1	1
97.5	1-2	
95	2	2
92.5	2-3	3
90	3-4	4
87.5	4	
85	4-5	5
82.5	5	6
80	5-6	7
77.5	6-7	8-9
75	7-8	10
72.5	8-9	11
70	9-10	12-13
67.5	11-12	14-15
65	13-14	16-17
62.5	14-15	18-19
60	15-16	20
57.5	17-18	
55	19-20	