

Name \_\_\_\_\_

Period \_\_\_\_\_

**One Rep Max Test  
PE Fitness Orem High School**

The following is the procedure to perform the one rep max test. Please use all safety precautions by insuring that you have at least 2 spotters for each test. Working in groups of three will give you enough rest between lifts so that you are able to complete all testing today. Record your results below and on your weight training log sheet.

1. Warm-up with stretching that we have done at the beginning of class.
2. Warm-up with 5-10 repetitions at 40% to 60% of the estimated maximum weight you think you can lift. (Record this in chart below under warm-up weight)
3. You should have about a 3-4 minute rest as the others in your group are warming up with their 5-10 reps
4. Increase the load to 60% to 80% of the estimated maximum weight you think you can lift and attempt to complete 3-5 repetitions. (Record this amount under initial load weight)
5. Your goal is to determine your 1 RM in 3 to 5 trials, so start your initial load weight heavy enough to accomplish this.
6. Rest again as others in your group complete their lifts.
7. Add a small increase in weight to the load and then attempt a 1 rep max lift. (Record in 1<sup>st</sup> increase weight column below)
8. If the load can be lifted rest again and add more weight and attempt to lift it. (Record in 2<sup>nd</sup>, 3<sup>rd</sup>, etc)
9. Repeat until you cannot lift the load you are attempting. The last weight you could lift is your 1 rep max.
10. You should give ongoing encouragement and communication with the others in your group, as this is crucial to obtain the best performance.

Lifts	Warm-up weight	Initial load weight	1 <sup>st</sup> increase weight	2 <sup>nd</sup> increase weight	3 <sup>rd</sup> increase weight	4 <sup>th</sup> increase weight	5 <sup>th</sup> increase weight
<b>Bench Press</b>							
<b>Leg Press</b>							
<b>Other _____</b>							

Lift	Max Weight	Training Weight 70%	Training Weight 85%
<b>Bench press</b>			
<b>Leg Press</b>			
<b>Other _____</b>			