**1RM Testing form**

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| **Machine type:** | | |
| a) Seat position (supine) | |  |
| b) Back position (supine) | |  |
| *Warm-up* | 6 reps @ 60-70 1RM | **kg** |
| 3 reps @ 70-80 1RM | **kg** |
| *Wait 2 minutes in between trials* | Trial 1 | **kg** |
| Trial 2 | **kg** |
| Trial 3 | **kg** |
| Trial 4 | **kg** |
| Trial 5 | **kg** |
| Actual 1RM | |  |
| Completed?  (if not, record reason) | | Yes  No  **Reason:** |