

1RM Testing form



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