

## 1RM Testing form



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