

KG Massimali	Percentuale in Kg												
	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
5	2,0	2,3	2,5	2,8	3,0	3,3	3,5	3,8	4,0	4,3	4,5	4,8	5,0
10	4,0	4,5	5,0	5,5	6,0	6,5	7,0	7,5	8,0	8,5	9,0	9,5	10,0
15	6,0	6,8	7,5	8,3	9,0	9,8	10,5	11,3	12,0	12,8	13,5	14,3	15,0
20	8,0	9,0	10,0	11,0	12,0	13,0	14,0	15,0	16,0	17,0	18,0	19,0	20,0
25	10,0	11,3	12,5	13,8	15,0	16,3	17,5	18,8	20,0	21,3	22,5	23,8	25,0
30	12,0	13,5	15,0	16,5	18,0	19,5	21,0	22,5	24,0	25,5	27,0	28,5	30,0
35	14,0	15,8	17,5	19,3	21,0	22,8	24,5	26,3	28,0	29,8	31,5	33,3	35,0
40	16,0	18,0	20,0	22,0	24,0	26,0	28,0	30,0	32,0	34,0	36,0	38,0	40,0
45	18,0	20,3	22,5	24,8	27,0	29,3	31,5	33,8	36,0	38,3	40,5	42,8	45,0
50	20,0	22,5	25,0	27,5	30,0	32,5	35,0	37,5	40,0	42,5	45,0	47,5	50,0
55	22,0	24,8	27,5	30,3	33,0	35,8	38,5	41,3	44,0	46,8	49,5	52,3	55,0
60	24,0	27,0	30,0	33,0	36,0	39,0	42,0	45,0	48,0	51,0	54,0	57,0	60,0
65	26,0	29,3	32,5	35,8	39,0	42,3	45,5	48,8	52,0	55,3	58,5	61,8	65,0
70	28,0	31,5	35,0	38,5	42,0	45,5	49,0	52,5	56,0	59,5	63,0	66,5	70,0
75	30,0	33,8	37,5	41,3	45,0	48,8	52,5	56,3	60,0	63,8	67,5	71,3	75,0
80	32,0	36,0	40,0	44,0	48,0	52,0	56,0	60,0	64,0	68,0	72,0	76,0	80,0
85	34,0	38,3	42,5	46,8	51,0	55,3	59,5	63,8	68,0	72,3	76,5	80,8	85,0
90	36,0	40,5	45,0	49,5	54,0	58,5	63,0	67,5	72,0	76,5	81,0	85,5	90,0
95	38,0	42,8	47,5	52,3	57,0	61,8	66,5	71,3	76,0	80,8	85,5	90,3	95,0
100	40,0	45,0	50,0	55,0	60,0	65,0	70,0	75,0	80,0	85,0	90,0	95,0	100,0
105	42,0	47,3	52,5	57,8	63,0	68,3	73,5	78,8	84,0	89,3	94,5	99,8	105,0
110	44,0	49,5	55,0	60,5	66,0	71,5	77,0	82,5	88,0	93,5	99,0	104,5	110,0
115	46,0	51,8	57,5	63,3	69,0	74,8	80,5	86,3	92,0	97,8	103,5	109,3	115,0
120	48,0	54,0	60,0	66,0	72,0	78,0	84,0	90,0	96,0	102,0	108,0	114,0	120,0
125	50,0	56,3	62,5	68,8	75,0	81,3	87,5	93,8	100,0	106,3	112,5	118,8	125,0
130	52,0	58,5	65,0	71,5	78,0	84,5	91,0	97,5	104,0	110,5	117,0	123,5	130,0
135	54,0	60,8	67,5	74,3	81,0	87,8	94,5	101,3	108,0	114,8	121,5	128,3	135,0
140	56,0	63,0	70,0	77,0	84,0	91,0	98,0	105,0	112,0	119,0	126,0	133,0	140,0
145	58,0	65,3	72,5	79,8	87,0	94,3	101,5	108,8	116,0	123,3	130,5	137,8	145,0
150	60,0	67,5	75,0	82,5	90,0	97,5	105,0	112,5	120,0	127,5	135,0	142,5	150,0
155	62,0	69,8	77,5	85,3	93,0	100,8	108,5	116,3	124,0	131,8	139,5	147,3	155,0
160	64,0	72,0	80,0	88,0	96,0	104,0	112,0	120,0	128,0	136,0	144,0	152,0	160,0
165	66,0	74,3	82,5	90,8	99,0	107,3	115,5	123,8	132,0	140,3	148,5	156,8	165,0
170	68,0	76,5	85,0	93,5	102,0	110,5	119,0	127,5	136,0	144,5	153,0	161,5	170,0
175	70,0	78,8	87,5	96,3	105,0	113,8	122,5	131,3	140,0	148,8	157,5	166,3	175,0
180	72,0	81,0	90,0	99,0	108,0	117,0	126,0	135,0	144,0	153,0	162,0	171,0	180,0
185	74,0	83,3	92,5	101,8	111,0	120,3	129,5	138,8	148,0	157,3	166,5	175,8	185,0
190	76,0	85,5	95,0	104,5	114,0	123,5	133,0	142,5	152,0	161,5	171,0	180,5	190,0
195	78,0	87,8	97,5	107,3	117,0	126,8	136,5	146,3	156,0	165,8	175,5	185,3	195,0
200	80,0	90,0	100,0	110,0	120,0	130,0	140,0	150,0	160,0	170,0	180,0	190,0	200,0
205	82,0	92,3	102,5	112,8	123,0	133,3	143,5	153,8	164,0	174,3	184,5	194,8	205,0
210	84,0	94,5	105,0	115,5	126,0	136,5	147,0	157,5	168,0	178,5	189,0	199,5	210,0
215	86,0	96,8	107,5	118,3	129,0	139,8	150,5	161,3	172,0	182,8	193,5	204,3	215,0
220	88,0	99,0	110,0	121,0	132,0	143,0	154,0	165,0	176,0	187,0	198,0	209,0	220,0
225	90,0	101,3	112,5	123,8	135,0	146,3	157,5	168,8	180,0	191,3	202,5	213,8	225,0
230	92,0	103,5	115,0	126,5	138,0	149,5	161,0	172,5	184,0	195,5	207,0	218,5	230,0
235	94,0	105,8	117,5	129,3	141,0	152,8	164,5	176,3	188,0	199,8	211,5	223,3	235,0
240	96,0	108,0	120,0	132,0	144,0	156,0	168,0	180,0	192,0	204,0	216,0	228,0	240,0
245	98,0	110,3	122,5	134,8	147,0	159,3	171,5	183,8	196,0	208,3	220,5	232,8	245,0
250	100,0	112,5	125,0	137,5	150,0	162,5	175,0	187,5	200,0	212,5	225,0	237,5	250,0
255	102,0	114,8	127,5	140,3	153,0	165,8	178,5	191,3	204,0	216,8	229,5	242,3	255,0
260	104,0	117,0	130,0	143,0	156,0	169,0	182,0	195,0	208,0	221,0	234,0	247,0	260,0

oltre 30 25-21 20-17 16-15 da 14 a 12 da 11 a 10 da 9 a 8 da 7 a 6 da 5 a 4 da 3 a 2 da 2 a 1 1

1RM=Peso sollevato/1,0278-(0,0278+n ripetizioni)