



"What weight should I use for the workout?"

Total Reps in Workout

		1-14	15-24	25-49	50-99	100-149	150+
Reps per Set	1-4 reps	75-90%	70-85%	65-80%	60-75%	N/A	N/A
	5-9 reps	70-85%	65-80%	60-75%	55-70%	50-65%	40-60%
	10-14 reps	65-80%	60-75%	55-70%	50-65%	40-60%	35-55%
	15-24 reps	60-75%	55-70%	50-65%	40-60%	35-55%	30-50%
	25+ reps	55-70%	50-65%	40-60%	35-55%	30-50%	25-45%

Notes: 1 rep maxes do not correlate directly to doing larger sets in metcons, but they can sometimes be used to get people in the ballpark. These are VERY General guidelines for most metcons (it always depends on the person, the movement itself, other movements involved, workout design, desired stimulus, etc.). For example, if two very similar movements are in the same workout (especially if they are 'close together'), the recommended column could shift to the right. If there is longer rest intervals programmed, the column to use could shift to the left.

	Load													
	65	85	105	125	145	165	185	205	225	245	255	275	295	315
10%	7	9	11	13	15	17	19	21	23	25	26	28	30	32
25%	16	21	26	31	36	41	46	51	56	61	64	69	74	79
30%	20	26	32	38	44	50	56	62	68	74	77	83	89	95
35%	23	30	37	44	51	58	65	72	79	86	89	96	103	110
40%	26	34	42	50	58	66	74	82	90	98	102	110	118	126
45%	29	38	47	56	65	74	83	92	101	110	115	124	133	142
50%	33	43	53	63	73	83	93	103	113	123	128	138	148	158
55%	36	47	58	69	80	91	102	113	124	135	140	151	162	173
60%	39	51	63	75	87	99	111	123	135	147	153	165	177	189
65%	42	55	68	81	94	107	120	133	146	159	166	179	192	205
70%	46	60	74	88	102	116	130	144	158	172	179	193	207	221
75%	49	64	79	94	109	124	139	154	169	184	191	206	221	236
80%	52	68	84	100	116	132	148	164	180	196	204	220	236	252
85%	55	72	89	106	123	140	157	174	191	208	217	234	251	268
90%	59	77	95	113	131	149	167	185	203	221	230	248	266	284

Max:	1-14 total		15-24 total		25-49 total		50-99 total		100-149 total		150+ total	
85	Low	High	Low	High	Low	High	Low	High	Low	High	Low	High
1-4 reps	64	77	60	72	55	68	51	64	N/A	N/A	N/A	N/A
5-9 reps	60	72	55	68	51	64	47	60	43	55	34	51
10-14 reps	55	68	51	64	47	60	43	55	34	51	30	47
15-24 reps	51	64	47	60	43	55	34	51	30	47	26	43
25+ reps	47	60	43	55	34	51	30	47	26	43	21	38

Max:	1-14		15-24		25-49		50-99		100-149		150+	
135	Low	High	Low	High	Low	High	Low	High	Low	High	Low	High
1-4 reps	101	122	95	115	88	108	81	101	N/A	N/A	N/A	N/A
5-9 reps	95	115	88	108	81	101	74	95	68	88	54	81
10-14 reps	88	108	81	101	74	95	68	88	54	81	47	74
15-24 reps	81	101	74	95	68	88	54	81	47	74	41	68
25+ reps	74	95	68	88	54	81	47	74	41	68	34	61

Max:	1-14		15-24		25-49		50-99		100-149		150+	
225	Low	High	Low	High	Low	High	Low	High	Low	High	Low	High
1-4 reps	169	203	158	191	146	180	135	169	N/A	N/A	N/A	N/A
5-9 reps	158	191	146	180	135	169	124	158	113	146	90	135
10-14 reps	146	180	135	169	124	158	113	146	90	135	79	124
15-24 reps	135	169	124	158	113	146	90	135	79	124	68	113
25+ reps	124	158	113	146	90	135	79	124	68	113	56	101

Examples: