

Strength Baselines: Bench Press and Back Squat

Snapshot of Strength Baseline Testing

WEEK 1			
Full Recovery Between Exercises (15 minutes minimum)			
Strength Test	Focus: Establish 1-RM	Strength Test	Focus: Establish 1-RM
Back Squat <i>notes: the first 5 sets are meant to be a warmup, slowly adding more weight until you try to max out at your top weight. Record the weight you lift for each set here.</i>	1 x 8 @ 40-50%, 90s rest	Bench Press <i>notes: the first 5 sets are meant to be a warmup, slowly adding more weight until you try to max out at your top weight. Record the weight you lift for each set here.</i>	1 x 8 @ 40-50%, 90s rest
	1 x 4 @ 60%, 90s rest		1 x 4 @ 60%, 90s rest
	1 x 2 @ 70 %, 120s rest		1 x 2 @ 70 %, 120s rest
	1 x 1 @ 80 %, 3-5m rest		1 x 1 @ 80 %, 3-5m rest
	1 x 1 @ 90%, 3-5m rest		1 x 1 @ 90%, 3-5m rest
	Max Out - 1 x1 @ 95-100%, 5-7m rest		Max Out - 1 x1 @ 95-100%, 5-7m rest
	1-3 sets of Max Out @ 100+%, increasing each set 2-5%, 5-7m rest		1-3 sets of Max Out @ 100+%, increasing each set 2-5%, 5-7m rest

Purpose: The objective of these lifts are to determine your maximal strength for upper body and lower body. More importantly, we can use these numbers to determine your relative strength (how much you can lift for your size). Your 1RM stands for 1 repetition maximum.. This is how many times you can lift a weight once and no more.

What: 1-Rep Max for Bench Press and Back Squat

You Will Need: A spotter, a bench press, and a squat rack or leg press (if you do not have access to a rack).

How to Conduct the Test:

1. Warmup thoroughly. 5-10 minute dynamic warm up.
2. When you are warm, build each set heavier until you get to your max. You will only be able to lift your max weight one time. FULL RECOVERY!
 - a. 1 set of 8 @ 40-50% with 90 seconds rest
 - b. 1 set of 4 @ 60% with 90 seconds rest
 - c. 1 set of 2 @ 70 % with 120 seconds rest
 - d. 1 set of 1 @ 80 % with 3-5 minutes rest
 - e. 1 set of 1 @ 90% with 3-5 minutes rest
 - f. Max Out 1 - 1 set of 1 @ 95-100% with 5-7 minutes rest
 - g. 1-3 sets of Max Out @ 100+%, increasing each set 2-5% until failure with 5-7 minutes rest
3. If you can lift it more than once, add more weight for the next rep until you fail.
4. Record your 1RM.

Sample Warm-Ups by Estimated 1-Rep Max:

Here are some sample warm-up routines based on estimated 1-RM. If you have a ballpark guess on your numbers, these protocols will provide some structure for your testing.

INDICATE YOUR [PERCEIVED RATE OF EXERTION](#) ON YOUR PERSONAL WORKOUT LOG

Estimated 1-Rep Max: 105 lbs.	Estimated 1-Rep Max: 135 lbs.	Estimated 1-Rep Max: 185 lbs.
45×8	65×8	95×8
60×4	85×4	115×4
75×2	95×1	135×2
85×1	105×1	155×1
95×1	115×1	170×1
105×1	125×1	185×1
110-115+ x1	135+x1	185+x 1

1-Rep Max Final Guidelines:

- Use easily calculated numbers like 135, 185 etc. on your beginning warm-up sets. This minimizes the number of plates on the bar and keeps transitions and calculations as easy as possible.
- Keep low-rep sets low rep. Once you get into 1-2 rep sets, keep the reps there. Repeat early sets if needed, but the point is to avoid fatigue with volume while maximally stimulating the central nervous system.
- Most importantly, be conservative with your rest periods when lifting heavy.
- For max sets, add 5-10 pounds of upper body lifts, and 10-15 on lower body lifts when making further attempts at a max.
- After your third warm-up set, always use a spotter for safety.
- The goal behind finding and using a 1-Rep Max is to measure and track your performance. This might seem like a lot of work, but trust! It's worth it. Not only will you get a huge confidence boost, but you'll also build a structure for all your workouts going forward.

Scoring:

Record your 1-Rep Max. You will use this to base your lift percentages later on. See guide below.

Weightlifting Percentages (45 lb bar)

1 rep max	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
45	45	42.8	40.5	38.3	36.0	33.8	31.5	29.3	27.0	24.8	22.5
50	50	47.5	45.0	42.5	40.0	37.5	35.0	32.5	30.0	27.5	25.0
55	55	52.3	49.5	46.8	44.0	41.3	38.5	35.8	33.0	30.3	27.5
60	60	57.0	54.0	51.0	48.0	45.0	42.0	39.0	36.0	33.0	30.0
65	65	61.8	58.5	55.3	52.0	48.8	45.5	42.3	39.0	35.8	32.5
70	70	66.5	63.0	59.5	56.0	52.5	49.0	45.5	42.0	38.5	35.0
75	75	71.3	67.5	63.8	60.0	56.3	52.5	48.8	45.0	41.3	37.5
80	80	76.0	72.0	68.0	64.0	60.0	56.0	52.0	48.0	44.0	40.0
85	85	80.8	76.5	72.3	68.0	63.8	59.5	55.3	51.0	46.8	42.5
90	90	85.5	81.0	76.5	72.0	67.5	63.0	58.5	54.0	49.5	45.0
95	95	90.3	85.5	80.8	76.0	71.3	66.5	61.8	57.0	52.3	47.5
100	100	95.0	90.0	85.0	80.0	75.0	70.0	65.0	60.0	55.0	50.0
105	105	99.8	94.5	89.3	84.0	78.8	73.5	68.3	63.0	57.8	52.5
110	110	104.5	99.0	93.5	88.0	82.5	77.0	71.5	66.0	60.5	55.0
115	115	109.3	103.5	97.8	92.0	86.3	80.5	74.8	69.0	63.3	57.5
120	120	114.0	108.0	102.0	96.0	90.0	84.0	78.0	72.0	66.0	60.0
125	125	118.8	112.5	106.3	100.0	93.8	87.5	81.3	75.0	68.8	62.5
130	130	123.5	117.0	110.5	104.0	97.5	91.0	84.5	78.0	71.5	65.0
135	135	128.3	121.5	114.8	108.0	101.3	94.5	87.8	81.0	74.3	67.5
140	140	133.0	126.0	119.0	112.0	105.0	98.0	91.0	84.0	77.0	70.0
145	145	137.8	130.5	123.3	116.0	108.8	101.5	94.3	87.0	79.8	72.5
150	150	142.5	135.0	127.5	120.0	112.5	105.0	97.5	90.0	82.5	75.0
155	155	147.3	139.5	131.8	124.0	116.3	108.5	100.8	93.0	85.3	77.5
160	160	152.0	144.0	136.0	128.0	120.0	112.0	104.0	96.0	88.0	80.0
165	165	156.8	148.5	140.3	132.0	123.8	115.5	107.3	99.0	90.8	82.5

INDICATE YOUR [PERCEIVED RATE OF EXERTION](#) ON YOUR PERSONAL WORKOUT LOG