MAXIMAL STRENGTH
TESTS

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MAXIMAL STRENGTH

Perform a 1RM on a lift or estimate your 1RM from a 2,3 or 5RM – 1RM calculator or coefficient.

- Back Squat / Front Squat.
- Bench Press / Overhead Press / Push Press.
- Deadlift (Conventional / Sumo / Hex Bar).
- Pull-Up / Chin-Up / Parallel Dip (Weighted).

Other Tests:

- Dynamometer Grip Strength Test.
- Velocity-Based Assessment – becoming popular but requires equipment.

1RM TESTING

If an athlete has no idea what their 1RM might be, they should gain more experience in the gym working with moderate loads for higher reps. From there, it is easy to estimate a 1RM from a hard set of 5 reps – simply times the weight lifted by 1.16.

Once we have an estimation of what an athletes 1RM on a particular lift might be, we can organise the ideal protocol to build up to that weight.

Ultimately this protocol is going to change drastically depending on whether an individual is working towards a 40kg back squat or a 300kg back squat. However, if an individual is able to squat 300kg, it is likely they are experienced enough to know what warm-up protocol works for them.

Prior to any max testing we can perform a basic warm-up using the RAMP protocol for example – the warm-up should include bodyweight and goblet squats for example.

In the next slide we will look at a protocol for an estimated 1RM of 100kg. Note, a training max (no breakdown in form) is around 10-15% lower than a true 1RM or what might be a PR (personal record).

1RM PROTOCOL

The table below shows an example of how an athlete may work up to an estimated 1RM of 100kg.

Ideally an athlete should be attempting their first 1RM attempt within 4-5 sets (not including the sets with the unloaded barbell).

% / LOAD	**SETS**	**REPS**	**REST**
Unloaded Barbell	1-2	8-10	1 Minute
30-40%	1-2	6-8	1 Minute
50-60%	1	3-5	1-2 Minutes
75-85%	1	1-2	2-3 Minutes
90-95%	1	1	3-5 Minutes
1st 1RM Attempt			
If going for a 2nd attempt, rest for 3-5+ minutes, -/+ 2.5-5% and go for the 2nd attempt.			

1RM ESTIMATIONS

Note: The higher the rep range, the less accurate the 1RM estimate becomes.

% Estimations	Coefficients
2RM = 94-96% of 1RM	2RM x 1.05
3RM = 91-93% of 1RM	3RM x 1.11
5RM = 85-88% of 1RM	5RM x 1.16
8RM = 80-82% of 1RM	8RM x 1.24
10RM = 75-77% of 1RM	10RM x 1.33

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STRENGTH TRAINING

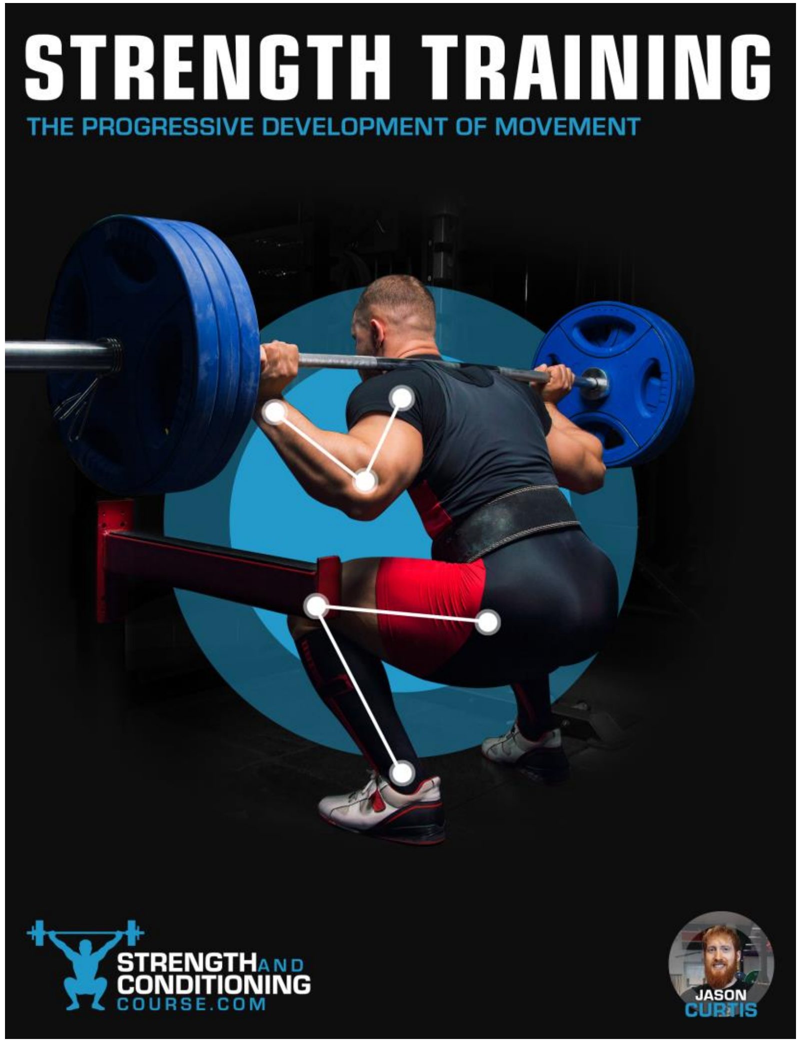
The development of strength is the foundation of physical performance because, before all else, you need the strength in your structures to support the fundamental movements that you carry out each day.

This huge course consists of over 150 video tutorials (4+ hours) and over 3 hours of narration from Coach Curtis where he talks through the 200+ slides.

If you want to gain a mastery of free weight training and become a Strength Training Specialist, this course is an absolute must for you – it is by far the most comprehensive Strength Training Course on the market.

Here's the link to the full course: **50% Off!**

https://courses.strengthandconditioningcourse.com/p/strength-training-50-off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