

# May

2008

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				<b>1</b> Lifting/Wrestling 3:00-4:30	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> Lifting/Wrestling 3:00-4:30	<b>6</b> Wrestling 3:00-4:30	<b>7</b> Lifting/Wrestling 3:00-4:30	<b>8</b> Lifting/Wrestling 3:00-4:30	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> Lifting/Wrestling 3:00-4:30	<b>13</b> Wrestling 3:00-4:30	<b>14</b> Lifting/Wrestling 3:00-4:30	<b>15</b> Lifting/Wrestling 3:00-4:30	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> Lifting/Wrestling 3:00-4:30	<b>20</b> Wrestling 3:00-4:30	<b>21</b> Lifting/Wrestling 3:00-4:30	<b>22</b> Lifting/Wrestling 3:00-4:30	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Holiday No School	<b>27</b> Wrestling 3:00-4:30	<b>28</b> Lifting/Wrestling 3:00-4:30	<b>29</b> Lifting/Wrestling 3:00-4:30	<b>30</b>	<b>31</b>

# June

2008

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>1</b>	<b>2</b> Lifting/Wrestling 3:00-4:30	<b>3</b>	<b>4</b> Lifting/Wrestling 3:00-4:30	<b>5</b> Lifting/Wrestling 3:00-4:30	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> Wrestling 3:00-4:30	<b>10</b> EXAMS	<b>11</b> EXAMS	<b>12</b> EXAMS	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> Lifting/Wrestling 10:00-12:00	<b>17</b>	<b>18</b> Lifting/Wrestling 10:00-12:00	<b>19</b> Lifting/Wrestling 10:00-12:00	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> Lifting/Wrestling 10:00-12:00	<b>24</b>	<b>25</b> Lifting/Wrestling 10:00-12:00	<b>26</b> Lifting/Wrestling 10:00-12:00	<b>27</b>	<b>28</b> Working Bingo 5:00-10:10
<b>29</b>	<b>30</b> Lifting/Wrestling 10:00-12:00					

# July

2008

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		<b>1</b>	<b>2</b> Lifting/Wrestling 10:00-12:00	<b>3</b> Lifting/Wrestling 10:00-12:00	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> Lifting/Wrestling 10:00-12:00	<b>8</b>	<b>9</b> Lifting/Wrestling 10:00-12:00	<b>10</b> Lifting/Wrestling 10:00-12:00	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> Lifting/Wrestling 10:00-12:00	<b>15</b>	<b>16</b> Lifting/Wrestling 10:00-12:00	<b>17</b> Lifting/Wrestling 10:00-12:00	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> Lifting/Wrestling 10:00-12:00	<b>22</b>	<b>23</b> Lifting/Wrestling 10:00-12:00	<b>24</b> Lifting/Wrestling 10:00-12:00	<b>25</b>	<b>26</b> Working Bingo 5:00-10:00
<b>27</b>	<b>28</b> Lifting/Wrestling 10:00-12:00	<b>29</b>	<b>30</b> Lifting/Wrestling 10:00-12:00	<b>31</b> Lifting/Wrestling 10:00-12:00		

# August

2008

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4	5	6	7	8	9 Working Bingo 5:00-10:00
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 School starts	26	27	28	29	30
31						

# September

2008

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<b>1</b> Labor Day No School	<b>2</b>	<b>3</b> Lifting/Wrestling 3:00-4:30	<b>4</b> Lifting/Wrestling 3:00-4:30	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Lifting/Wrestling 3:00-4:30	<b>9</b>	<b>10</b> Lifting/Wrestling 3:00-4:30	<b>11</b> Lifting/Wrestling 3:00-4:30	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> Lifting/Wrestling 3:00-4:30	<b>16</b>	<b>17</b> Lifting/Wrestling 3:00-4:30	<b>18</b> Lifting/Wrestling 3:00-4:30	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> Lifting/Wrestling 3:00-4:30	<b>23</b>	<b>24</b> Lifting/Wrestling 3:00-4:30	<b>25</b> Lifting/Wrestling 3:00-4:30	<b>26</b> VA Ten Miler Set-Up	<b>27</b> VA Ten Miler Set-Up
<b>28</b>	<b>29</b> Lifting/Wrestling 3:00-4:30	<b>30</b>				

# October

2008

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			<b>1</b> Lifting/Wrestling 3:00-4:30	<b>2</b> Lifting/Wrestling 3:00-4:30	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Lifting/Wrestling 3:00-4:30	<b>7</b>	<b>8</b> Lifting/Wrestling 3:00-4:30	<b>9</b> Lifting/Wrestling 3:00-4:30	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> Lifting/Wrestling 3:00-4:30	<b>14</b>	<b>15</b> Lifting/Wrestling 3:00-4:30	<b>16</b> Lifting/Wrestling 3:00-4:30	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> Lifting/Wrestling 3:00-4:30	<b>21</b>	<b>22</b> Lifting/Wrestling 3:00-4:30	<b>23</b> Lifting/Wrestling 3:00-4:30	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> Lifting/Wrestling 3:00-4:30	<b>28</b>	<b>29</b> Lifting/Wrestling 3:00-4:30	<b>30</b> Lifting/Wrestling 3:00-4:30	<b>31</b>	

# November

2008

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						<b>1</b>
<b>2</b>	<b>3</b> Off	<b>4</b> Off	<b>5</b> Off	<b>6</b> Off	<b>7</b> Off	<b>8</b>
<b>9</b>	<b>10</b> Practice Begins 2:45	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> Thanksgiving	<b>28</b> Off	<b>29</b>
<b>30</b>						

# HILLTOPPER G WRESTLING

**Expectations 2008-2009**

**Summer/Fall Schedule 2008**

**Summer Workouts 2008**

## Summer Workouts

### Week 1 June 16-20

#### Monday:

**Warm-Up-** run for 5 minutes

- **Squat** 1 x Warm-Up 6 x 12 @ 55% Super Set w/ Bench
- **Bench** 1 x Warm-Up 6 x 12 @ 55%
- **DB/Plate Lunges** 3 x Length of Weight Room
- **Box Push-Ups** 3 x 15 Super Set w/ Dips 3 X Max
- **Power Clean** 3 x 6
- **Straight Bar Curls** 3 x 10 Super Set w/ Hangs 3 X Max
- **DB Hammer Curls** 3 x 10
- **Abs** 200

#### Wednesday:

**Warm-Up-** run for 5 minutes

- **DB Military Press** 3 x 10
- **DB Front raises** 3 x 10 → Super Set Military Press/Front Raises/Lateral Raises/Shrugs
- **DB Lateral raises** 3 x 10
- **Shrugs** 3 x 10
- **MB Bear Crawls** 3 x Down & Back Length of Weight Room
- **Lat Pull Downs** 3 x 12 Super Set w/ Seated Rows 3 x 12
- **Pull-Ups** 3 x Max
- **Abs** 200

#### Thursday:

**Warm-Up**-run for five minutes

- **Front Squats** 3 x 10 Super Set w/DB Incline Bench 3 x 10
- **DB Box Step-ups** 3 x 10 each leg Super Set w/Push-ups 3 x Max
- **DB Curls** 3 x 10 Super Set w/ Overhead DB Extension 3 x 10
- **Reverse Grips Curls** 3 x 10 Super Set w/ Dips 3X Max
- **Plate Walks** 3 Lengths of Weight Room Down & Back
- **Abs** 200

**“It is your life. The results are your responsibility.”**

**Summer Workouts**

**Week 2 June 23-27**

**Monday:**

**Warm-Up**- run for 5 minutes

- **Squat** 1 x Warm-Up 6 x 12 @ 60% Super Set w/Incline Bench
- **Incline Bench** 1 x Warm-Up 6 x 12 @ 60%
- **Push-Ups** 3 x 20 Super Set w/ Dips 3 X Max
- **Power Clean** 3 x 6
- **Easy Bar Curls** 3 x 10 Super Set w/ Wrist Curls 3 X 40 each wrist
- **DB Curls** 3 x 10
- **Abs** 200

### Wednesday:

**Warm-Up-** run for 5 minutes

- **DB Military Press** 3 x 20 Super Set w/ Lat Pull Downs 3 x 12
- **DB Front Raises** 3 x 15 Super Set w/ Shrugs 3 x 15
- **Bear Crawls** 3 x Down Stairs from Gym Hall to Weight Room
- **Upright Rows** 3 x 12 Super Set w/Pull-Ups 3 x Max
- **Abs** 200

### Thursday:

**Warm-Up-**run for five minutes

- **Squats (Light)** 3 x 10 Super Set w/ DB Alternating Bench 3 x 10 each arm
- **DB Box Step-ups** 3 x 10 each leg Super Set w/Push-ups 3 x Max
- **DB Hammer Curls** 3 x 10 Super Set w/ Skull Crusher 3 x 10
- **Straight Bar Curls** 3 x 10 Super Set w/ Dips 3X Max
- **Plate Walks** 3 Lengths of Weight Room Down & Back
- **Abs** 200

**"No one can believe that I am natural. The most important drug is to train like a MADMAN - really like a madman. The people who accuse me are those who have never trained once in their life like I train every day of my life."**

**-Alexander Karelin, 3 x Olympic Champion, 12 x World Champion**

## Summer Workouts

### Week 3

June 30 - July 4

#### Monday:

**Warm-Up-** run for 5 minutes

- **Squat** 1 x Warm-Up 6 x 10 @ 65% Super Set w/ Bench
- **Bench** 1 x Warm-Up 6 x 10 @ 65%
- **DB/Plate Lunges** 3 x Length of Weight Room
- **Box Push-Ups** 3 x 15 Super Set w/ Dips 3 X Max
- **Power Clean** 3 x 6
- **Reverse Grip Curls** 3 x 10 Super Set w/ Hangs 3 X Max
- **DB Curls** 3 x 10
- **Abs** 200

#### Wednesday:

**Warm-Up-** run for 5 minutes

- **DB Military Press** 3 x 10
- **DB Front Raises** 3 x 10 → Super Set Military Press/Front Raises/Lateral Raises/Shrugs
- **DB Lateral Raises** 3 x 10
- **Shrugs** 3 x 10
- **MB Bear Crawls** 3 x Down & Back Length of Weight Room
- **Lat Pull Downs** 3 x 12 Super Set w/ DB Rows 3 x 12
- **Pull-Ups** 3 x Max
- **Abs** 200

#### Thursday:

**Warm-Up-**run for five minutes

- **Front Squats** 3 x 10 Super Set w/DB Incline Bench 3 x 10
- **DB Box Step-ups** 3 x 10 each leg Super Set w/Push-ups 3 x 20
- **DB Curls** 3 x 10 Super Set w/ Overhead DB Extension 3 x 10
- **Reverse Grips Curls** 3 x 10 Super Set w/ Dips 3X Max

- **Plate Walks** 3 Lengths of Weight Room Down & Back
- **Abs** 200

**“Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts.”**

Dan Gable

## **Summer Workouts**

### **Week 4 July 5-July 11**

#### **Monday:**

**Warm-Up-** run for 5 minutes

- **Squat** 2 x Warm-Up 5 x 8 @ 70% Super Set w/ Incline Bench
- **Incline Bench** 2 x Warm-Up 5 x 8 @ 70%
- **Push-Ups** 3 x 20 Super Set w/ Dips 3 X Max
- **Power Clean** 3 x 6 Super Set w/ DB Curls 3 x 10
- **Easy Bar Curls** 3 x 10 Super Set w/ Wrist Curls 3 X 40
- **Abs** 200

#### **Wednesday:**

**Warm-Up-** run for 5 minutes

- **DB Military Press** 3 x 20 Super Set w/ Lat Pull Downs 3 x 12
- **DB Lateral Raises** 3 x 15 Super Set w/ Shrugs 3 x 15
- **Bear Crawls** 3 x Down Stairs from Gym Hall to Weight Room
- **Upright Rows** 3 x 10 Super Set w/Pull-Ups 3 x Max
- **Abs** 200

#### **Thursday:**

**Warm-Up-**run for five minutes

- **Squats (Light)** 3 x 10 Super Set w/DB Incline Bench 3 x 10
- **DB Box Step-ups** 3 x 10 each leg Super Set w/Push-up 3 x Max

- **DB Hammer Curls**                    3 x 10 Super Set w/ Skull Crusher 3 x 10
- **Straight Bar Curls**                3 x 10 Super Set w/ Dips 3 x Max
- **Wrist Curls**                         3 x 40
- **Abs**                                        200

**“When I lifted weights, I didn’t lift just to maintain my muscle tone. I lifted to increase what I already had, to push to a new limit. Every time I worked, I was getting a little better. I kept moving that limit back and back. Every time I walked out of the gym, I was a little better than when I walked in.”**

Dan Gable

## **Summer Workouts**

### **Week 5**

**July 14-July 18**

#### **Monday:**

**Warm-Up-** run for 5 minutes

- **Squat**                                    2 x Warm-Up 5 x 6 @ 75% Super Set w/ Bench
- **Bench**                                    2 x Warm-Up 5 x 6 @ 75%
- **DB Box Step Ups**                    3 x 8 each leg Super Set w/ Box Push-Ups 3 x 15
- **Power Clean**                         3 x 6
- **Dips**                                      3 X Max Super set w/ DB Concentration Curls 3 x 8
- **Straight Bar Curls**                3 x 8 Super Set w/ Towel Hangs 3 X Max

- Abs 200

### **Wednesday:**

**Warm-Up-** run for 5 minutes

- **DB Military Press** 3 x 10
- **DB Front Raises** 3 x 10 → Super Set Military Press/Front Raises/Lateral Raises/Shrugs
- **DB Lateral Raises** 3 X 10
- **Shrugs** 3 x 10
- **MB Bear Crawls** 3 x Down & Back Length of Weight Room
- **Lat Pull Downs** 3 x 10 Super Set w/ DB Rows 3 x 10 each arm
- **Pull-Ups** 3 x Max
- **Abs** 200

### **Thursday:**

**Warm-Up-**run for five minutes

- **Front Squats** 3 x 10 Super Set w/DB Incline Bench 3 x 8
- **DB Box Step-ups** 3 x 8 each leg Super Set w/Push-ups 3 x Max
- **DB Curls** 3 x 8 Super Set w/ Overhead DB Extension 3 x 8
- **Reverse Grips Curls** 3 x 8 Super Set w/ Dips 3X Max
- **Plate Walks** 3 Lengths of Weight Room Down & Back
- **Abs** 200

**"Winning is not a sometime thing; it's an all the time thing. You don't win once in a while; you don't do things right once in a while; you do them right all the time. Winning is a habit. Unfortunately, so is losing.**

Vince Lombardi

**Summer Workouts**

**Week 6**  
**July 21 – July 25**

**Monday:**

**Warm-Up-** run for 5 minutes

- **Squat** 2 x Warm-Up 4 x 4 @ 80% Super Set w/Incline Bench
- **Incline Bench** 2 x Warm-Up 4 x 4 @ 80%
- **Push-Ups** 3 x 20 Super Set w/ Dips 3 X Max
- **Power Clean** 3 x 6 Super Set w/ Reverse Grip Curls 3 x 8
- **Easy Bar Curls** 3 x 8 Super Set w/ Towel Hangs 3 x Max
- **Abs** 200

**Wednesday:**

**Warm-Up-** run for 5 minutes

- **DB Military Press** 3 x 20 Super Set w/ Lat Pull Downs 3 x 10
- **DB Front Raises** 3 x 15 Super Set w/ Shrugs 3 x 15
- **Bear Crawls** 3 x Down Stairs from Gym Hall to Weight Room
- **Upright Rows** 3 x 10 Super Set w/Pull-Ups 3 x Max
- **Abs** 200

**Thursday:**

**Warm-Up-**run for five minutes

- **Squats (Light)** 3 x 8 Super Set w/DB Alternating Bench 3 x 8
- **DB Box Step-ups** 3 x 8 each leg Super Set w/ Box Push Ups 3 x 15
- **DB Hammer Curls** 3 x 8 Super Set w/ Overhead DB Extension 3 x 8
- **Straight Bar Curls** 3 x 8 Super Set w/ Dips 3X Max
- **Plate Walks** 3 Lengths of Weight Room Down & Back
- **Abs** 200

**“When you finally decide how successful you really want to be, you've got to set priorities. Then, each and every day, you've got to take care of the top ones. The lower ones may fall behind, but you can't let the top ones slip.”**

Dan Gable

## **Summer Workouts**

### **Week 7**

**July 28-August 1**

#### **Monday:**

**Warm-Up-** run for 5 minutes

- **Squat** 2 x Warm-Up 4 x 3 @ 85% Super Set w/ Bench
- **Bench** 2 x Warm-Up 4 x 3 @ 85%
- **DB/Plate Lunges** 3 x Length of Weight Room
- **Box Push-Ups** 3 x 20 Super Set w/ Dips 3 X Max
- **Power Clean** 3 x 6
- **Straight Bar Curls** 3 x 8 Super Set w/ Wrist Curls 3 X 40
- **DB Hammer Curls** 3 x 8
- **Abs** 200

#### **Wednesday:**

**Warm-Up-** run for 5 minutes

- **DB Military Press** 3 x 10
- **DB Front Raises** 3 x 10 → Super Set Military Press/Front Raises/Lateral Raises/Shrugs
- **DB Lateral Raises** 3 x 10
- **Shrugs** 3 x 10
- **MB Bear Crawls** 3 x Down & Back Length of Weight Room

- **Lat Pull Downs** 3 x 8 Super Set w/ Seated Rows 3 x 8
- **Pull-Ups** 3 x Max
- **Abs** 200

**Thursday:**

**Warm-Up-run** for five minutes

- **Front Squats** 3 x 8 Super Set w/DB Incline Bench 3 x 8
- **DB Box Step-ups** 3 x 8 each leg Super Set w/Push-ups 3 x 20
- **DB Curls** 3 x 8 Super Set w/ Skull Crushers 3 x 8
- **Reverse Grips Curls** 3 x 8 Super Set w/ Dips 3X Max
- **Plate Walks** 3 Lengths of Weight Room Down & Back
- **Abs** 200

**“We’ve got to work. We can't just live on reputations at all - by any means.”**

Dan Gable

**Percentages for Core lifts for Summer 2008**

**Bench Press, Incline Press, Squats (Cleans excluded from this list)**

	<b><u>Summer</u></b>
Week 1	55% 6 X 12
Week 2	60% 6 X 12
Week 3	65% 6 X 10
Week 4	70% 5 X 8
Week 5	75% 5 X 6
Week 6	80% 4 X 4
Week 7	85% 4 X 3

**Running**

In order for us to start the season prepared you will need to run on your own. There will be some group conditioning at lifting sessions, but when we lift and wrestle we need to keep our focus on getting stronger and building wrestling endurance. It is YOUR responsibility to maintain a base of conditioning during the summer and fall. I encourage the team leaders to get everyone together and run on occasion. I will also be more than happy to let you know when I am running and anyone is welcome to join me. I will be running 4 days a week. At the absolute minimum you will need to run 3 days a week. I recommend a minimum of 4 miles per run with a longer run added in once a week. Also, it is imperative that you maintain your conditioning during the month of August, during which we will not lift or wrestle.

### **Wrestler Expectations**

As wrestlers in this program you will be held to a higher standard than the rest of the student body of E.C. Glass High School. This applies both in and out of the classroom. Furthermore, expectations not pertaining specifically to the wrestling season apply year round.

- All wrestlers will perform everything they do to the absolute best of their ability. Lack of effort will not be tolerated.
- All wrestlers will treat those around them (family, teachers, team members, coaches....) with dignity and respect
- Wrestlers will not engage in activities that will bring embarrassment upon themselves, their family, E.C. Glass High School, or the wrestling program. (lying, cheating, stealing, inappropriate language, substance abuse, illegal activities....)
- All wrestlers will be at all team functions unless given permission by me.

- All wrestlers will be in the room and ready to go at the designated practice/lifting time.
- All wrestlers will put the good of the team before the good of themselves.
- All wrestlers will maintain acceptable grades (C or better). In season or out of season, when grades are in trouble see me and we will work on a plan to get you on the right track. Grades come before wrestling.

When expectations are not met there will be consequences that range from post practice workouts to removal from the team. A brief list of specific infractions and consequences follows. Consequences for infractions not contained on this list are determined by the head coach and are non-negotiable.

-Late for practice (including detention or time with teacher) →post practice workout (If you are late due to time spent with a teacher this is not meant as punishment, but as make up for missed time)

-Unexcused\* missed practice→2 days of post practice. Three unexcused missed practices will result in removal from the team regardless.

-Student Referral→Post practice workout-this is punishment and you will know it.

-Substance abuse (tobacco, alcohol, or otherwise)→First offense will result in non-participation of next wrestling event-Regardless. Also notification of parents and appropriate school officials will occur. Second offense is immediate removal from the team with same notification as above. This absolutely should not be an issue, but in the event that it becomes one, I will rely on counsel from an administrative team member as to how to proceed when there is no direct evidence.

\*Excused practice includes family emergencies, missed days of school, and family travel over Christmas Break. All other situations will be considered with consistency on a case by case basis.

<b>100%</b>	<b>95%</b>	<b>90%</b>	<b>85%</b>	<b>80%</b>	<b>75%</b>	<b>70%</b>	<b>65%</b>	<b>60%</b>	<b>55%</b>	<b>50%</b>
<b>1RM</b>	<b>2RM</b>	<b>4RM</b>	<b>6RM</b>	<b>8RM</b>	<b>10RM</b>	<b>12RM</b>	<b>14RM</b>	<b>16RM</b>	<b>18RM</b>	<b>20RM</b>
<b>495</b>	470	445	420	396	371	346	321	297	272	247
<b>490</b>	465	441	416	392	367	343	318	294	269	245
<b>485</b>	460	436	412	388	363	339	315	291	266	242
<b>480</b>	456	432	408	384	360	336	312	288	264	240
<b>475</b>	451	427	403	380	356	332	308	285	261	237
<b>470</b>	446	423	399	376	352	329	305	282	258	235
<b>465</b>	441	418	395	372	348	325	302	279	255	232
<b>460</b>	437	414	391	368	345	322	299	276	253	230
<b>455</b>	432	409	386	364	341	318	295	273	250	227
<b>450</b>	427	405	382	360	337	315	292	270	247	225
<b>445</b>	422	400	378	356	333	311	289	267	244	222
<b>440</b>	418	396	374	352	330	308	286	264	242	220
<b>435</b>	413	391	369	348	326	304	282	261	239	217
<b>430</b>	408	387	365	344	322	301	279	258	236	215
<b>425</b>	403	382	361	340	318	297	276	255	233	212
<b>420</b>	399	378	357	336	315	294	273	252	231	210
<b>415</b>	394	373	352	332	311	290	269	249	228	207
<b>410</b>	389	369	348	328	307	287	266	246	225	205
<b>405</b>	384	364	344	324	303	283	263	243	222	202
<b>400</b>	380	360	340	320	300	280	260	240	220	200
<b>395</b>	375	355	335	315	296	276	256	237	217	197
<b>390</b>	370	350	331	312	292	273	253	234	214	195
<b>385</b>	365	346	327	308	288	269	250	231	211	192
<b>380</b>	361	342	323	304	285	266	247	228	209	190
<b>375</b>	356	337	318	300	281	262	243	225	206	187
<b>370</b>	351	333	314	296	277	259	240	222	203	185
<b>346</b>	346	328	310	292	273	255	237	219	200	182
<b>360</b>	342	324	306	288	270	252	234	216	198	180
<b>355</b>	337	319	301	284	266	248	230	231	195	177
<b>350</b>	332	315	297	280	262	245	227	210	192	175
<b>345</b>	327	310	293	276	258	241	224	207	189	172
<b>340</b>	323	306	289	272	255	238	221	204	187	170
<b>335</b>	318	301	284	268	251	234	217	201	184	167
<b>330</b>	313	297	280	264	247	231	214	198	181	165
<b>325</b>	308	292	276	260	243	227	211	195	178	162
<b>320</b>	304	288	272	256	240	224	208	192	176	160
<b>315</b>	299	283	267	252	236	220	204	189	173	157
<b>310</b>	294	279	263	248	232	217	201	186	170	155
<b>305</b>	289	274	259	244	228	213	198	183	167	152
<b>300</b>	285	270	255	240	225	210	195	180	165	150

<b>100%</b>	<b>95%</b>	<b>90%</b>	<b>85%</b>	<b>80%</b>	<b>75%</b>	<b>70%</b>	<b>65%</b>	<b>60%</b>	<b>55%</b>	<b>50%</b>
<b>1RM</b>	<b>2RM</b>	<b>4RM</b>	<b>6RM</b>	<b>8RM</b>	<b>10RM</b>	<b>12RM</b>	<b>14RM</b>	<b>16RM</b>	<b>18RM</b>	<b>20RM</b>
<b>295</b>	280.2	265	250	236	221	206	191	177	162	147
<b>290</b>	275	261	246	232	217	203	188	174	159	145
<b>285</b>	270	256	242	228	213	199	185	171	156	142
<b>280</b>	266	252	238	224	210	196	182	168	154	140
<b>275</b>	261	247	233	220	206	192	178	165	151	137
<b>270</b>	265	243	229	216	202	189	175	162	148	135
<b>265</b>	251	238	225	212	198	185	172	159	145	132
<b>260</b>	247	234	221	208	195	182	169	156	143	130
<b>255</b>	242	229	216	204	191	178	165	153	140	127
<b>250</b>	237	225	212	200	187	175	162	150	137	125
<b>245</b>	232	220	208	196	183	171	159	147	134	122
<b>240</b>	228	216	204	192	180	168	156	144	132	120
<b>235</b>	223	211	199	188	176	164	152	141	129	117
<b>230</b>	218	207	195	184	172	161	149	138	126	115
<b>225</b>	213	202	191	180	168	157	146	135	123	112
<b>220</b>	209	195	187	176	165	154	143	132	121	110
<b>215</b>	204	193	182	172	161	150	139	129	118	107
<b>210</b>	199	189	178	168	157	147	136	126	115	105
<b>205</b>	194	184	174	164	153	143	133	123	112	102
<b>200</b>	190	180	170	160	150	140	130	120	110	100
<b>195</b>	185	175	165	156	146	136	126	117	107	97
<b>190</b>	180	171	161	152	142	133	124	114	104	95
<b>185</b>	175	166	157	148	138	129	120	111	101	92
<b>180</b>	171	162	153	144	135	126	117	108	99	90
<b>175</b>	166	157	148	140	131	122	113	105	96	87
<b>170</b>	161	153	144	136	127	119	110	102	93	85
<b>165</b>	156	148	140	132	123	115	107	99	90	82
<b>160</b>	152	144	136	128	120	112	104	96	88	80
<b>155</b>	147	139	131	124	116	108	100	93	85	77
<b>150</b>	142	135	127	120	112	105	97	90	82	75
<b>145</b>	137	130	123	116	108	101	94	87	79	72
<b>140</b>	133	126	119	112	105	98	91	84	77	70
<b>135</b>	128	121	114	108	101	94	87	81	74	67
<b>130</b>	123	117	110	104	97	91	84	78	71	65
<b>125</b>	118	112	106	100	93	87	81	75	68	62
<b>120</b>	114	108	102	96	90	84	78	72	66	60

<b>115</b>	109	103	97	92	86	80	74	69	63	57
<b>110</b>	104	99	93	88	82	77	71	66	60	55
<b>105</b>	99	94	89	84	78	73	68	63	57	52
<b>100</b>	95	90	85	80	75	70	65	60	55	50