

# WEIGHT % FOR Core Lifts

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	Power						
1RM						3RM	
WT lb	50%	55%	65%	75%	85%	95%	97%
100	50	55	65	75	85	95	97
125	62.5	68.75	81.25	93.75	106.3	118.8	121
150	75	82.5	97.5	112.5	127.5	142.5	145
175	87.5	96.25	113.8	131.3	148.8	166.3	170
200	100	110	130	150	170	190	195
225	112.5	123.8	146.3	168.8	191.3	213.8	218
250	125	137.5	162.5	187.5	212.5	237.5	242
275	137.5	151.3	178.8	206.3	233.8	261.3	266
300	150	165	195	225	255	285	291
325	162.5	178.8	211.3	243.8	276.3	308.8	315
350	175	192.5	227.5	262.5	297.5	332.5	339
375	187.5	206.3	243.8	281.3	318.8	356.3	363
400	200	220	260	300	340	380	388
425	212.5	233.8	276.3	318.8	361.3	403.8	412
450	225	247.5	292.5	337.5	382.5	427.5	436
475	237.5	261.3	308.8	356.3	403.8	451.3	460
500	250	275	325	375	425	475	485
525	262.5	288.8	341.3	393.8	446.3	498.8	510
550	275	302.5	357.5	412.5	467.5	522.5	533
575	287.5	316	375	430	485	545	560
600	300	330	390	450	510	570	582
625	312.5	345	405	470	530	595	605
650	325	360	425	485	550	615	630

Strength

