

## Max Test

When Testing:

- 1) Always maintain perfect form, do not sacrifice proper technique for higher weight!
- 2) Always have a partner spotting you.
- 3) Allow for 3-5 minutes rest between any 1RM tests.
- 4) If, at any point before a 1RM set you fail to hit all reps, lower the weight and move on to the next set.
- 5) Remember, this is just being used as a reference point, do not push too hard, or aim too high, this is not the time to get injured. It is better to be conservative now and increase the weight as you successfully complete each week's workout.

Back Squat		EXERCISE	tempo	wt	rep	
	Date	Back Squat	2/0/0		8	1. Select a light weight that can be performed easily for 8 repetitions with perfect form
Dynamic Warm-Up			2/0/0		4	2. Increase weight by 10% and perform 4 repetitions with perfect form
			2/0/0		3	3. Increase weight by 5% and perform 3 repetitions with perfect form
			2/0/0		2	4. Increase weight by 5% and perform 2 repetitions with perfect form
			2/0/0	( ) 1		5. Increase weight by 5% and perform 1 repetition with perfect form
			2/0/0	( ) 1		6. If successful - Increase weight by 5% and perform 1 repetition with perfect form
			2/0/0	( ) 1		If unsuccessful - Stop and record previously achieved weight as your Max
			2/0/0	( ) 1		

\*Make sure to fully warm-up\*

-If you feel the need, add extra active warm-up exercises before you begin.

Bench Press		EXERCISE	tempo	wt	rep	<div>1. Select a light weight that can be performed easily for 10 repetitions with perfect form</div> <div>2. Increase weight by 10% and perform 6 repetitions with perfect form</div> <div>3. Increase weight by 5% and perform 3 repetitions with perfect form</div> <div>4. Increase weight by 5% and perform 2 repetitions with perfect form</div> <div>5. Increase weight by 5% and perform 1 repetition with perfect form</div> <div>6. If successful - Increase weight by 2.5% and perform 1 repetition with perfect form</div> <div>If unsuccessful - Stop and record previously achieved weight as your Max</div>
	Date		2/0/0		10	
Dynamic Warm-Up			2/0/0		6	
			2/0/0		3	
			2/0/0		2	
			2/0/0	( ) 1		
*Make sure to fully warm-up*			2/0/0		( ) 1	
-If you feel the need, add extra active warm-up exercises before you begin.			2/0/0		( ) 1	
		2/0/0		( ) 1		

Hang Clean		EXERCISE	tempo	wt	rep	<div>1. Select a light weight that can be performed easily for 6 repetitions with perfect form</div> <div>2. Increase weight by 5% and perform 4 repetitions with perfect form</div> <div>3. Increase weight by 5% and perform 3 repetitions with perfect form</div> <div>4. Increase weight by 5% and perform 2 repetitions with perfect form</div> <div>4. Increase weight by 5% and perform 1 repetition with perfect form</div> <div>4. If successful - Increase weight by 2.5% and perform 1 repetition with perfect form</div> <div>If unsuccessful - Stop and record previously achieved weight as your Max</div>
	Date		2/0/0		6	
Dynamic Warm-Up			2/0/0		4	
			2/0/0		3	
			2/0/0		2	
			2/0/0	( ) 1		
*Make sure to fully warm-up*			2/0/0	( ) 1		
-If you feel the need, add extra active warm-up exercises before you begin.			2/0/0	( ) 1		
		2/0/0	( ) 1			