

# Average Strength

Average Strength averages your estimated 1RM across all sets completed in the session by weighted average. Estimating average strength across all sets

Volume-weighted average 1RM:

$$\overline{1RM} = \frac{\sum_i 1RM_i v_i}{\sum_i v_i} = \frac{\sum_i [L_i (1 + \frac{r_i}{30})] (L_i r_i)}{\sum_i L_i r_i}$$

