

Estimate 1RM

Your **1 Rep Max (1RM)** is an estimate of the maximum weight you could lift for a single repetition. This allows you to track your overall strength progress without testing a true max lift.

Grin&Gain calculates this automatically using Epley's formula, based on the weight and reps you log.

Epley's Formula

$$1RM = w \left(1 + \frac{r}{30} \right)$$

(w) - Weight of Lifted Reps

(r) - NUmber of Reps Lifted

