

%1RM			Adjustment %1RM (deducted intensity)									Reps In Reserve (RIR)									Relative Intensity (%)									% Maximum Number of Reps									% XLC									% XLP																
extensive			normal			intensive			Deducted Intensity	extensive			normal			intensive			Deducted Intensity	extensive			normal			intensive			Deducted Intensity	extensive			normal			intensive			Deducted Intensity	extensive			normal			intensive			Deducted Intensity															
1	90	92	95	92	95	98	95	98		100	1	10.0	7.5	5.0	7.5	5.0	2.5	5.0		2.5	0.0	1	3.1	2.3	1.5	2.3	1.5	0.7		1.5	0.7	0.0	1	90	92	95	92	95		98	95	98	100	1	69	77	84	77		84	92	84	92	100	1	17	23	34	23	34	53	34	53	100
2	87	89	92	89	92	94	92	94		97	2	10.0	7.5	5.0	7.5	5.0	2.5	5.0		2.5	0.0	2	3.4	2.5	1.6	2.5	1.6	0.8		1.6	0.8	0.0	2	90	92	95	92	95		97	95	97	100	2	66	74	83	74		83	91	83	91	100	2	25	33	46	33	46	66	46	66	100
3	83	86	88	86	88	91	88	91		93	3	10.0	7.5	5.0	7.5	5.0	2.5	5.0		2.5	0.0	3	3.6	2.6	1.7	2.6	1.7	0.8		1.7	0.8	0.0	3	89	92	95	92	95		97	95	97	100	3	63	72	81	72		81	90	81	90	100	3	29	38	52	38	52	71	52	71	100
4	80	83	85	83	85	88	85	88		90	4	10.0	7.5	5.0	7.5	5.0	2.5	5.0		2.5	0.0	4	3.9	2.8	1.8	2.8	1.8	0.9		1.8	0.9	0.0	4	89	92	94	92	94		97	94	97	100	4	60	70	79	70		79	90	79	90	100	4	31	41	54	41	54	73	54	73	100
5	78	80	83	80	83	85	83	85		88	5	10.0	7.5	5.0	7.5	5.0	2.5	5.0		2.5	0.0	5	4.2	3.0	2.0	3.0	2.0	0.9		2.0	0.9	0.0	5	89	91	94	91	94		97	94	97	100	5	55	62	72	62		72	84	72	84	100	5	31	42	56	42	56	74	56	74	100
6	75	77	80	77	80	82	80	82		85	6	10.0	7.5	5.0	7.5	5.0	2.5	5.0		2.5	0.0	6	4.4	3.2	2.1	3.2	2.1	1.0		2.1	1.0	0.0	6	88	91	94	91	94		97	94	97	100	6	57	65	74	65		74	86	74	86	100	6	31	42	56	42	56	75	56	75	100
7	73	75	78	75	78	80	78	80		83	7	10.0	7.5	5.0	7.5	5.0	2.5	5.0		2.5	0.0	7	4.7	3.4	2.2	3.4	2.2	1.1		2.2	1.1	0.0	7	88	91	94	91	94		97	94	97	100	7	60	67	76	67		76	87	76	87	100	7	31	42	56	42	56	75	56	75	100
8	70	73	75	73	75	78	75	78		80	8	10.0	7.5	5.0	7.5	5.0	2.5	5.0		2.5	0.0	8	5.0	3.6	2.3	3.6	2.3	1.1		2.3	1.1	0.0	8	88	91	94	91	94		97	94	97	100	8	61	69	77	69		77	88	77	88	100	8	30	41	56	41	56	75	56	75	100
9	68	70	73	70	73	75	73	75		78	9	10.0	7.5	5.0	7.5	5.0	2.5	5.0		2.5	0.0	9	5.3	3.9	2.5	3.9	2.5	1.2		2.5	1.2	0.0	9	87	90	94	90	94		97	94	97	100	9	45	57	70	57		70	84	70	84	100	9	28	40	55	40	55	74	55	74	100
10	66	68	71	68	71	73	71	73	76	10	10.0	7.5	5.0	7.5	5.0	2.5	5.0	2.5	0.0	10	5.7	4.1	2.6	4.1	2.6	1.3	2.6	1.3	0.0	10	87	90	93	90	93	97	93	97	100	10	42	54	68	54	68	83	68	83	100	10	27	39	54	39	54	74	54	74	100					
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