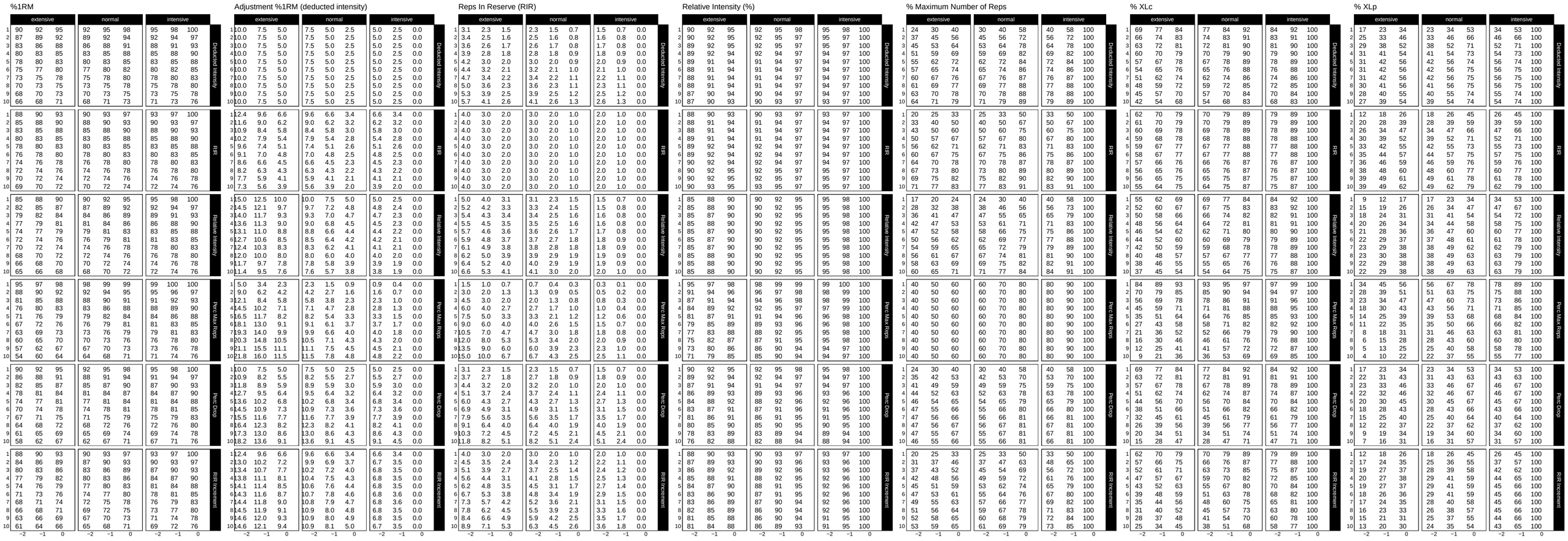
%1RM
extensive
normal
intensive
Deducted Intensity
RIR
Relative Intensity
Perc Max Reps
Perc Drop
RIR Increment
Adjustment %1RM (deducted intensity)
Reps In Reserve (RIR)
Relative Intensity (%)
% Maximum Number of Reps
% XLc
% XLp