

%1RM			Adjustment %1RM (deducted intensity)			Reps In Reserve (RIR)			Relative Intensity (%)			% Maximum Number of Reps			% XLC			% XLp			extensive			Deducted Intensity			
extensive	normal	intensive	extensive	normal	intensive	extensive	normal	intensive	extensive	normal	intensive	extensive	normal	intensive	extensive	normal	intensive	extensive	normal	intensive	extensive	normal	intensive	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 24 30 40	30 40 58	40 58 100	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 17 23 34	34 53 100	RIR	
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 37 45 56	45 56 72	56 72 100	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 29 38 52	38 52 71	52 71 100	
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 45 53 64	53 64 78	64 78 100	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 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	1.8 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 57 67 78	67 78 89	78 89 100	5 31 42 56	42 56 74	56 74 100	6 75 77 80	77 80 82	80 82 85	6 31 42 56	42 56 75	56 75 100	
7 73 75 78	75 78 80	75 78 80	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	2.1 1.0 0.0	7 88 91 94	91 94 97	94 97 100	7 60 67 76	67 76 87	76 87 100	7 51 62 74	62 74 86	74 86 100	7 31 42 56	41 56 75	56 75 100	8 70 73 75	73 75 78	75 78 80	8 30 40 55	40 55 74	55 74 100	
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	2.3 1.1 0.0	9 87 90 94	90 94 97	94 97 100	9 63 70 78	78 88 100	78 88 100	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 42 54 68	54 68 83	68 83 100	
1 88 90 93	90 93 97	93 97 100	1 12.4 9.6 6.6	9.6 6.6 3.4	6.6 3.4 0.0	1 4.0 3.0 2.0	3.0 2.0 1.0	2.0 1.0 0.0	1 88 90 93	90 93 97	93 97 100	1 20 25 33	33 50 100	33 50 100	1 62 70 79	70 79 89	79 89 100	1 12 18 26	18 26 45	26 45 100	2 85 88 90	88 90 93	88 90 97	2 20 28 39	28 39 59	39 59 100	
3 83 85 88	85 88 90	88 90 93	3 10.9 8.4 5.8	8.4 5.8 3.0	5.8 3.0 0.0	3 4.0 3.0 2.0	3.0 2.0 1.0	2.0 1.0 0.0	3 88 91 94	91 94 97	94 97 100	3 43 50 60	50 60 75	60 75 100	3 61 70 79	70 79 89	89 89 100	3 26 34 47	34 47 66	47 66 100	4 80 83 85	83 85 88	85 88 90	4 30 39 52	39 52 71	52 71 100	
5 78 80 83	80 83 85	83 85 88	5 9.6 7.4 5.1	7.4 5.1 2.6	5.1 2.6 0.0	5 4.0 3.0 2.0	3.0 2.0 1.0	2.0 1.0 0.0	5 89 92 94	92 94 97	94 97 100	5 56 62 71	62 71 83	71 83 100	5 59 67 77	67 77 88	77 88 100	5 33 42 55	42 55 73	55 73 100	6 76 78 80	78 80 83	80 83 85	6 35 44 57	44 57 75	57 75 100	
7 74 76 78	76 78 80	78 80 83	7 9.6 7.0 4.8	7.0 4.8 2.5	4.8 2.5 0.0	7 4.0 3.0 2.0	3.0 2.0 1.0	2.0 1.0 0.0	7 90 92 94	92 94 97	94 97 100	7 64 70 78	70 78 87	78 87 100	7 57 66 76	66 76 87	76 87 100	7 36 46 59	46 59 76	59 76 100	8 72 74 76	74 76 78	76 78 80	8 38 48 60	48 60 77	60 77 100	
9 70 72 74	72 74 76	74 76 78	9 7.7 5.9 4.1	5.9 4.1 2.1	4.1 2.1 0.0	9 4.0 3.0 2.0	3.0 2.0 1.0	2.0 1.0 0.0	9 90 92 95	92 95 97	95 97 100	9 69 75 82	75 82 90	82 90 100	9 56 65 75	65 75 87	75 87 100	9 39 49 61	49 61 78	61 78 100	10 69 70 72	70 72 74	72 74 76	10 39 49 62	49 62 79	62 79 100	
1 85 88 90	90 92 95	95 98 100	1 15.0 12.5 10.0	10.0 7.5 5.0	5.0 2.5 0.0	1 5.0 4.0 3.1	3.1 2.3 1.5	1.5 0.7 0.0	1 85 88 90	90 92 95	95 98 100	1 17 20 24	24 30 40	40 58 100	1 55 62 69	69 77 84	84 92 100	1 9 12 17	17 23 34	34 53 100	2 82 85 87	87 89 92	92 94 97	2 15 19 26	15 19 54	54 72 100	
3 79 82 84	84 86 89	89 91 93	3 14.0 11.7 9.3	9.3 7.0 4.7	4.7 2.3 0.0	3 5.4 4.3 3.4	3.4 2.5 1.6	1.6 0.8 0.0	3 85 87 90	90 92 95	95 98 100	3 36 41 47	41 55 65	55 67 100	3 50 58 66	66 74 82	82 91 100	3 18 24 31	18 24 54	54 72 100	4 77 79 81	81 84 86	86 88 90	4 20 26 34	20 26 58	58 75 100	
5 74 77 79	79 81 83	83 85 88	5 13.1 11.0 8.8	8.8 6.6 4.4	4.4 2.2 0.0	5 5.7 4.6 3.6	3.6 2.6 1.7	1.7 0.8 0.0	5 85 87 90	90 92 95	95 98 100	5 47 52 58	58 66 75	75 86 100	5 46 54 62	62 71 80	80 90 100	5 21 28 36	21 28 60	60 77 100	6 72 74 76	74 76 78	76 80 83	6 22 29 37	22 29 61	61 78 100	
7 70 72 74	74 76 78	76 78 80	7 12.4 10.3 8.3	8.3 6.2 4.1	4.1 2.1 0.0	7 6.1 4.9 3.8	3.8 2.8 1.8	1.8 0.9 0.0	7 85 87 90	90 92 95	95 98 100	7 54 59 65	65 72 79	79 89 100	7 44 52 60	60 69 79	79 89 100	7 23 29 38	23 29 62	62 79 100	8 68 70 72	72 74 76	76 80 83	8 30 38 49	30 38 63	63 79 100	
9 66 68 70	70 72 74	74 76 78	9 11.7 9.7 7.8	7.8 5.8 3.9	3.9 1.9 0.0	9 6.4 5.2 4.0	4.0 2.9 1.9	1.9 0.9 0.0	9 85 88 90	90 92 95	95 98 100	9 58 63 69	69 75 82	82 91 100	9 38 46 55	55 65 76	76 88 100	9 22 29 38	22 29 63	63 79 100	10 65 66 68	68 70 72	72 74 76	10 37 45 54	37 45 64	64 75 100	
1 95 97 98	98 99 99	99 100 100	1 5.0 3.4 2.3	2.3 1.5 0.9	0.9 0.4 0.0	1 1.5 1.0 0.7	0.7 0.4 0.3	0.3 0.1 0.0	1 85 88 90	90 92 95	95 98 100	1 17 20 24	24 30 40	40 58 100	1 55 62 69	69 77 84	84 92 100	1 9 12 17	17 23 34	34 53 100	2 88 90 92	92 94 95	94 96 97	2 15 19 26	15 19 54	54 72 100	
3 81 85 88	88 90 91	91 92 93	3 12.1 8.4 5.8	5.8 3.8 2.3	2.3 1.0 0.0	3 4.5 3.0 2.0	2.0 1.3 0.8	0.8 0.3 0.0	3 87 91 94	91 94 97	97 99 100	3 36 41 47	41 55 65	55 67 100	3 50 58 66	66 74 82	82 91 100	3 18 24 31	18 24 54	54 72 100	4 76 80 83	83 85 88	88 90 93	4 20 26 34	20 26 58	58 75 100	
5 71 76 79	79 82 84	84 86 88	5 16.5 11.7 8.2	8.2 5.4 3.3	3.3 1.5 0.0	5 7.5 5.0 3.3	3.3 2.1 1.2	1.2 0.6 0.0	5 81 87 91	91 94 96	96 98 100	5 42 47 53	53 61 71	71 83 100	5 48 56 64	64 72 81	81 91 100	5 21 28 36	21 28 60	60 77 100	6 67 72 76	72 76 79	79 80 83	6 22 29 37	22 29 61	61 78 100	
7 63 69 73	73 76 79	79 81 83	7 19.3 14.0 9.9	9.9 6.6 4.0	4.0 1.8 0.0	7 10.5 7.0 4.7	4.7 3.0 1.8	1.8 0.8 0.0	7 77 83 88	88 92 95	95 98 100	7 21 36 52	52 66 79	79 90 100	7 8 18 31	8 18 31 63	63 81 100	8 60 65 70	70 73 76	76 80 83	8 15 28 43	15 28 66	66 80 100				
9 57 62 67	67 70 73	73 76 78	9 21.1 15.5 11.1	11.1 7.5 4.5	4.5 2.1 0.0	9 13.5 9.0 6.0	6.0 3.9 2.3	2.3 1.0 0.0	9 73 80 86	86 90 94	94 97 100	9 40 50 60	60 70 80	80 90 100	9												