%1RM

	Reps	extensive			normal			intensive		
		−2	−1	0	−2	−1	0	−2	−1	0
Deducted Intensity	1	90	92	95	92	95	98	95	98	100
Deducted Intensity	2	87	89	92	89	92	94	92	94	97
Deducted Intensity	3	83	86	88	86	88	91	88	91	93
Deducted Intensity	4	80	83	85	83	85	88	85	88	90
Deducted Intensity	5	78	80	83	80	83	85	83	85	88
Deducted Intensity	6	75	77	80	77	80	82	80	82	85
Deducted Intensity	7	73	75	78	75	78	80	78	80	83
Deducted Intensity	8	70	73	75	73	75	78	75	78	80
Deducted Intensity	9	68	70	73	70	73	75	73	75	78
Deducted Intensity	10	66	68	71	68	71	73	71	73	76
RIR	1	88	90	93	90	93	97	93	97	100
RIR	2	85	88	90	88	90	93	90	93	97
RIR	3	83	85	88	85	88	90	88	90	93
RIR	4	80	83	85	83	85	88	85	88	90
RIR	5	78	80	83	80	83	85	83	85	88
RIR	6	76	78	80	78	80	83	80	83	85
RIR	7	74	76	78	76	78	80	78	80	83
RIR	8	72	74	76	74	76	78	76	78	80
RIR	9	70	72	74	72	74	76	74	76	78
RIR	10	69	70	72	70	72	74	72	74	76
Relative Intensity	1	85	88	90	90	92	95	95	98	100
Relative Intensity	2	82	85	87	87	89	92	92	94	97
Relative Intensity	3	79	82	84	84	86	89	89	91	93
Relative Intensity	4	77	79	81	81	84	86	86	88	90
Relative Intensity	5	74	77	79	79	81	83	83	85	88
Relative Intensity	6	72	74	76	76	79	81	81	83	85
Relative Intensity	7	70	72	74	74	76	78	78	80	83
Relative Intensity	8	68	70	72	72	74	76	76	78	80
Relative Intensity	9	66	68	70	70	72	74	74	76	78
Relative Intensity	10	65	66	68	68	70	72	72	74	76
Perc Max Reps	1	95	97	98	98	99	99	99	100	100
Perc Max Reps	2	88	90	92	92	94	95	95	96	97
Perc Max Reps	3	81	85	88	88	90	91	91	92	93
Perc Max Reps	4	76	80	83	83	86	88	88	89	90
Perc Max Reps	5	71	76	79	79	82	84	84	86	88
Perc Max Reps	6	67	72	76	76	79	81	81	83	85
Perc Max Reps	7	63	69	73	73	76	79	79	81	83
Perc Max Reps	8	60	65	70	70	73	76	76	78	80
Perc Max Reps	9	57	62	67	67	70	73	73	76	78
Perc Max Reps	10	54	60	64	64	68	71	71	74	76
Perc Drop	1	90	92	95	92	95	98	95	98	100
Perc Drop	2	86	88	91	88	91	94	91	94	97
Perc Drop	3	82	85	87	85	87	90	87	90	93
Perc Drop	4	78	81	84	81	84	87	84	87	90
Perc Drop	5	74	77	81	77	81	84	81	84	88
Perc Drop	6	70	74	78	74	78	81	78	81	85
Perc Drop	7	67	71	75	71	75	79	75	79	83
Perc Drop	8	64	68	72	68	72	76	72	76	80
Perc Drop	9	61	65	69	65	69	74	69	74	78
Perc Drop	10	58	62	67	62	67	71	67	71	76
RIR Increment	1	88	90	93	90	93	97	93	97	100
RIR Increment	2	84	86	89	87	90	93	90	93	97
RIR Increment	3	80	83	86	83	86	89	87	90	93
RIR Increment	4	77	79	82	80	83	86	84	87	90
RIR Increment	5	74	76	79	77	80	83	81	84	88
RIR Increment	6	71	73	76	74	77	80	78	81	85
RIR Increment	7	68	71	74	72	75	78	76	79	83
RIR Increment	8	66	68	71	69	72	75	73	77	80
RIR Increment	9	63	66	69	67	70	73	71	74	78
RIR Increment	10	61	64	66	65	68	71	69	72	76

Adjustment %1RM (deducted intensity)

	Reps	extensive			normal			intensive		
		−2	−1	0	−2	−1	0	−2	−1	0
Deducted Intensity	1	10.0	7.5	5.0	7.5	5.0	2.5	5.0	2.5	0.0
Deducted Intensity	2	10.0	7.5	5.0	7.5	5.0	2.5	5.0	2.5	0.0
Deducted Intensity	3	10.0	7.5	5.0	7.5	5.0	2.5	5.0	2.5	0.0
Deducted Intensity	4	10.0	7.5	5.0	7.5	5.0	2.5	5.0	2.5	0.0
Deducted Intensity	5	10.0	7.5	5.0	7.5	5.0	2.5	5.0	2.5	0.0
Deducted Intensity	6	10.0	7.5	5.0	7.5	5.0	2.5	5.0	2.5	0.0
Deducted Intensity	7	10.0	7.5	5.0	7.5	5.0	2.5	5.0	2.5	0.0
Deducted Intensity	8	10.0	7.5	5.0	7.5	5.0	2.5	5.0	2.5	0.0
Deducted Intensity	9	10.0	7.5	5.0	7.5	5.0	2.5	5.0	2.5	0.0
Deducted Intensity	10	10.0	7.5	5.0	7.5	5.0	2.5	5.0	2.5	0.0
RIR	1	12.4	9.6	6.6	9.6	6.6	3.4	6.6	3.4	0.0
RIR	2	11.6	9.0	6.2	9.0	6.2	3.2	6.2	3.2	0.0
RIR	3	10.9	8.4	5.8	8.4	5.8	3.0	5.8	3.0	0.0
RIR	4	10.2	7.9	5.4	7.9	5.4	2.8	5.4	2.8	0.0
RIR	5	9.6	7.4	5.1	7.4	5.1	2.6	5.1	2.6	0.0
RIR	6	9.1	7.0	4.8	7.0	4.8	2.5	4.8	2.5	0.0
RIR	7	8.6	6.6	4.5	6.6	4.5	2.3	4.5	2.3	0.0
RIR	8	8.2	6.3	4.3	6.3	4.3	2.2	4.3	2.2	0.0
RIR	9	7.7	5.9	4.1	5.9	4.1	2.1	4.1	2.1	0.0
RIR	10	7.3	5.6	3.9	5.6	3.9	2.0	3.9	2.0	0.0
Relative Intensity	1	15.0	12.5	10.0	10.0	7.5	5.0	5.0	2.5	0.0
Relative Intensity	2	14.5	12.1	9.7	9.7	7.2	4.8	4.8	2.4	0.0
Relative Intensity	3	14.0	11.7	9.3	9.3	7.0	4.7	4.7	2.3	0.0
Relative Intensity	4	13.6	11.3	9.0	9.0	6.8	4.5	4.5	2.3	0.0
Relative Intensity	5	13.1	11.0	8.8	8.8	6.6	4.4	4.4	2.2	0.0
Relative Intensity	6	12.7	10.6	8.5	8.5	6.4	4.2	4.2	2.1	0.0
Relative Intensity	7	12.4	10.3	8.3	8.3	6.2	4.1	4.1	2.1	0.0
Relative Intensity	8	12.0	10.0	8.0	8.0	6.0	4.0	4.0	2.0	0.0
Relative Intensity	9	11.7	9.7	7.8	7.8	5.8	3.9	3.9	1.9	0.0
Relative Intensity	10	11.4	9.5	7.6	7.6	5.7	3.8	3.8	1.9	0.0
Perc Max Reps	1	5.0	3.4	2.3	2.3	1.5	0.9	0.9	0.4	0.0
Perc Max Reps	2	9.0	6.2	4.2	4.2	2.7	1.6	1.6	0.7	0.0
Perc Max Reps	3	12.1	8.4	5.8	5.8	3.8	2.3	2.3	1.0	0.0
Perc Max Reps	4	14.5	10.2	7.1	7.1	4.7	2.8	2.8	1.3	0.0
Perc Max Reps	5	16.5	11.7	8.2	8.2	5.4	3.3	3.3	1.5	0.0
Perc Max Reps	6	18.1	13.0	9.1	9.1	6.1	3.7	3.7	1.7	0.0
Perc Max Reps	7	19.3	14.0	9.9	9.9	6.6	4.0	4.0	1.8	0.0
Perc Max Reps	8	20.3	14.8	10.5	10.5	7.1	4.3	4.3	2.0	0.0
Perc Max Reps	9	21.1	15.5	11.1	11.1	7.5	4.5	4.5	2.1	0.0
Perc Max Reps	10	21.8	16.0	11.5	11.5	7.8	4.8	4.8	2.2	0.0
Perc Drop	1	10.0	7.5	5.0	7.5	5.0	2.5	5.0	2.5	0.0
Perc Drop	2	10.9	8.2	5.5	8.2	5.5	2.7	5.5	2.7	0.0
Perc Drop	3	11.8	8.9	5.9	8.9	5.9	3.0	5.9	3.0	0.0
Perc Drop	4	12.7	9.5	6.4	9.5	6.4	3.2	6.4	3.2	0.0
Perc Drop	5	13.6	10.2	6.8	10.2	6.8	3.4	6.8	3.4	0.0
Perc Drop	6	14.5	10.9	7.3	10.9	7.3	3.6	7.3	3.6	0.0
Perc Drop	7	15.5	11.6	7.7	11.6	7.7	3.9	7.7	3.9	0.0
Perc Drop	8	16.4	12.3	8.2	12.3	8.2	4.1	8.2	4.1	0.0
Perc Drop	9	17.3	13.0	8.6	13.0	8.6	4.3	8.6	4.3	0.0
Perc Drop	10	18.2	13.6	9.1	13.6	9.1	4.5	9.1	4.5	0.0
RIR Increment	1	12.4	9.6	6.6	9.6	6.6	3.4	6.6	3.4	0.0
RIR Increment	2	13.0	10.2	7.2	9.9	6.9	3.7	6.7	3.5	0.0
RIR Increment	3	13.4	10.7	7.7	10.2	7.2	4.0	6.8	3.5	0.0
RIR Increment	4	13.8	11.1	8.1	10.4	7.5	4.3	6.8	3.5	0.0
RIR Increment	5	14.1	11.4	8.5	10.6	7.6	4.4	6.8	3.5	0.0
RIR Increment	6	14.3	11.6	8.7	10.7	7.8	4.6	6.8	3.6	0.0
RIR Increment	7	14.4	11.8	9.0	10.8	7.9	4.7	6.8	3.6	0.0
RIR Increment	8	14.5	11.9	9.1	10.9	8.0	4.8	6.8	3.5	0.0
RIR Increment	9	14.6	12.0	9.3	10.9	8.0	4.9	6.8	3.5	0.0
RIR Increment	10	14.6	12.1	9.4	10.9	8.1	5.0	6.7	3.5	0.0

Reps In Reserve (RIR)

	Reps	extensive			normal			intensive		
		−2	−1	0	−2	−1	0	−2	−1	0
Deducted Intensity	1	3.1	2.3	1.5	2.3	1.5	0.7	1.5	0.7	0.0
Deducted Intensity	2	3.4	2.5	1.6	2.5	1.6	0.8	1.6	0.8	0.0
Deducted Intensity	3	3.6	2.6	1.7	2.6	1.7	0.8	1.7	0.8	0.0
Deducted Intensity	4	3.9	2.8	1.8	2.8	1.8	0.9	1.8	0.9	0.0
Deducted Intensity	5	4.2	3.0	2.0	3.0	2.0	0.9	2.0	0.9	0.0
Deducted Intensity	6	4.4	3.2	2.1	3.2	2.1	1.0	2.1	1.0	0.0
Deducted Intensity	7	4.7	3.4	2.2	3.4	2.2	1.1	2.2	1.1	0.0
Deducted Intensity	8	5.0	3.6	2.3	3.6	2.3	1.1	2.3	1.1	0.0
Deducted Intensity	9	5.3	3.9	2.5	3.9	2.5	1.2	2.5	1.2	0.0
Deducted Intensity	10	5.7	4.1	2.6	4.1	2.6	1.3	2.6	1.3	0.0
RIR	1	4.0	3.0	2.0	3.0	2.0	1.0	2.0	1.0	0.0
RIR	2	4.0	3.0	2.0	3.0	2.0	1.0	2.0	1.0	0.0
RIR	3	4.0	3.0	2.0	3.0	2.0	1.0	2.0	1.0	0.0
RIR	4	4.0	3.0	2.0	3.0	2.0	1.0	2.0	1.0	0.0
RIR	5	4.0	3.0	2.0	3.0	2.0	1.0	2.0	1.0	0.0
RIR	6	4.0	3.0	2.0	3.0	2.0	1.0	2.0	1.0	0.0
RIR	7	4.0	3.0	2.0	3.0	2.0	1.0	2.0	1.0	0.0
RIR	8	4.0	3.0	2.0	3.0	2.0	1.0	2.0	1.0	0.0
RIR	9	4.0	3.0	2.0	3.0	2.0	1.0	2.0	1.0	0.0
RIR	10	4.0	3.0	2.0	3.0	2.0	1.0	2.0	1.0	0.0
Relative Intensity	1	5.0	4.0	3.1	3.1	2.3	1.5	1.5	0.7	0.0
Relative Intensity	2	5.2	4.2	3.3	3.3	2.4	1.5	1.5	0.8	0.0
Relative Intensity	3	5.4	4.3	3.4	3.4	2.5	1.6	1.6	0.8	0.0
Relative Intensity	4	5.5	4.5	3.5	3.5	2.5	1.6	1.6	0.8	0.0
Relative Intensity	5	5.7	4.6	3.6	3.6	2.6	1.7	1.7	0.8	0.0
Relative Intensity	6	5.9	4.8	3.7	3.7	2.7	1.8	1.8	0.9	0.0
Relative Intensity	7	6.1	4.9	3.8	3.8	2.8	1.8	1.8	0.9	0.0
Relative Intensity	8	6.2	5.0	3.9	3.9	2.9	1.9	1.9	0.9	0.0
Relative Intensity	9	6.4	5.2	4.0	4.0	2.9	1.9	1.9	0.9	0.0
Relative Intensity	10	6.6	5.3	4.1	4.1	3.0	2.0	2.0	1.0	0.0
Perc Max Reps	1	1.5	1.0	0.7	0.7	0.4	0.3	0.3	0.1	0.0
Perc Max Reps	2	3.0	2.0	1.3	1.3	0.9	0.5	0.5	0.2	0.0
Perc Max Reps	3	4.5	3.0	2.0	2.0	1.3	0.8	0.8	0.3	0.0
Perc Max Reps	4	6.0	4.0	2.7	2.7	1.7	1.0	1.0	0.4	0.0
Perc Max Reps	5	7.5	5.0	3.3	3.3	2.1	1.2	1.2	0.6	0.0
Perc Max Reps	6	9.0	6.0	4.0	4.0	2.6	1.5	1.5	0.7	0.0
Perc Max Reps	7	10.5	7.0	4.7	4.7	3.0	1.8	1.8	0.8	0.0
Perc Max Reps	8	12.0	8.0	5.3	5.3	3.4	2.0	2.0	0.9	0.0
Perc Max Reps	9	13.5	9.0	6.0	6.0	3.9	2.3	2.3	1.0	0.0
Perc Max Reps	10	15.0	10.0	6.7	6.7	4.3	2.5	2.5	1.1	0.0
Perc Drop	1	3.1	2.3	1.5	2.3	1.5	0.7	1.5	0.7	0.0
Perc Drop	2	3.7	2.7	1.8	2.7	1.8	0.9	1.8	0.9	0.0
Perc Drop	3	4.4	3.2	2.0	3.2	2.0	1.0	2.0	1.0	0.0
Perc Drop	4	5.1	3.7	2.4	3.7	2.4	1.1	2.4	1.1	0.0
Perc Drop	5	6.0	4.3	2.7	4.3	2.7	1.3	2.7	1.3	0.0
Perc Drop	6	6.9	4.9	3.1	4.9	3.1	1.5	3.1	1.5	0.0
Perc Drop	7	7.9	5.6	3.5	5.6	3.5	1.7	3.5	1.7	0.0
Perc Drop	8	9.1	6.4	4.0	6.4	4.0	1.9	4.0	1.9	0.0
Perc Drop	9	10.3	7.2	4.5	7.2	4.5	2.1	4.5	2.1	0.0
Perc Drop	10	11.8	8.2	5.1	8.2	5.1	2.4	5.1	2.4	0.0
RIR Increment	1	4.0	3.0	2.0	3.0	2.0	1.0	2.0	1.0	0.0
RIR Increment	2	4.5	3.5	2.4	3.4	2.3	1.2	2.2	1.1	0.0
RIR Increment	3	5.1	3.9	2.7	3.7	2.5	1.4	2.4	1.2	0.0
RIR Increment	4	5.6	4.4	3.1	4.1	2.8	1.5	2.5	1.3	0.0
RIR Increment	5	6.2	4.8	3.5	4.5	3.1	1.7	2.7	1.4	0.0
RIR Increment	6	6.7	5.3	3.8	4.8	3.4	1.9	2.9	1.5	0.0
RIR Increment	7	7.3	5.7	4.2	5.2	3.6	2.1	3.1	1.5	0.0
RIR Increment	8	7.8	6.2	4.5	5.5	3.9	2.3	3.3	1.6	0.0
RIR Increment	9	8.4	6.6	4.9	5.9	4.2	2.5	3.5	1.7	0.0
RIR Increment	10	8.9	7.1	5.3	6.3	4.5	2.6	3.6	1.8	0.0

Relative Intensity (%)

	Reps	extensive			normal			intensive		
		−2	−1	0	−2	−1	0	−2	−1	0
Deducted Intensity	1	90	92	95	92	95	98	95	98	100
Deducted Intensity	2	90	92	95	92	95	97	95	97	100
Deducted Intensity	3	89	92	95	92	95	97	95	97	100
Deducted Intensity	4	89	92	94	92	94	97	94	97	100
Deducted Intensity	5	89	91	94	91	94	97	94	97	100
Deducted Intensity	6	88	91	94	91	94	97	94	97	100
Deducted Intensity	7	88	91	94	91	94	97	94	97	100
Deducted Intensity	8	88	91	94	91	94	97	94	97	100
Deducted Intensity	9	87	90	94	90	94	97	94	97	100
Deducted Intensity	10	87	90	93	90	93	97	93	97	100
RIR	1	88	90	93	90	93	97	93	97	100
RIR	2	88	91	94	91	94	97	94	97	100
RIR	3	88	91	94	91	94	97	94	97	100
RIR	4	89	91	94	91	94	97	94	97	100
RIR	5	89	92	94	92	94	97	94	97	100
RIR	6	89	92	94	92	94	97	94	97	100
RIR	7	90	92	94	92	94	97	94	97	100
RIR	8	90	92	95	92	95	97	95	97	100
RIR	9	90	92	95	92	95	97	95	97	100
RIR	10	90	93	95	93	95	97	95	97	100
Relative Intensity	1	85	88	90	90	92	95	95	98	100
Relative Intensity	2	85	88	90	90	92	95	95	98	100
Relative Intensity	3	85	87	90	90	92	95	95	98	100
Relative Intensity	4	85	88	90	90	92	95	95	98	100
Relative Intensity	5	85	87	90	90	92	95	95	98	100
Relative Intensity	6	85	87	90	90	92	95	95	98	100
Relative Intensity	7	85	87	90	90	92	95	95	98	100
Relative Intensity	8	85	88	90	90	92	95	95	98	100
Relative Intensity	9	85	88	90	90	92	95	95	98	100
Relative Intensity	10	85	88	90	90	92	95	95	98	100
Perc Max Reps	1	95	97	98	98	99	99	99	100	100
Perc Max Reps	2	91	94	96	96	97	98	98	99	100
Perc Max Reps	3	87	91	94	94	96	98	98	99	100
Perc Max Reps	4	84	89	92	92	95	97	97	99	100
Perc Max Reps	5	81	87	91	91	94	96	96	98	100
Perc Max Reps	6	79	85	89	89	93	96	96	98	100
Perc Max Reps	7	77	83	88	88	92	95	95	98	100
Perc Max Reps	8	75	82	87	87	91	95	95	98	100
Perc Max Reps	9	73	80	86	86	90	94	94	97	100
Perc Max Reps	10	71	79	85	85	90	94	94	97	100
Perc Drop	1	90	92	95	92	95	98	95	98	100
Perc Drop	2	89	92	94	92	94	97	94	97	100
Perc Drop	3	87	91	94	91	94	97	94	97	100
Perc Drop	4	86	89	93	89	93	96	93	96	100
Perc Drop	5	84	88	92	88	92	96	92	96	100
Perc Drop	6	83	87	91	87	91	96	91	96	100
Perc Drop	7	81	86	91	86	91	95	91	95	100
Perc Drop	8	80	85	90	85	90	95	90	95	100
Perc Drop	9	78	83	89	83	89	94	89	94	100
Perc Drop	10	76	82	88	82	88	94	88	94	100
RIR Increment	1	88	90	93	90	93	97	93	97	100
RIR Increment	2	87	89	93	90	93	96	93	96	100
RIR Increment	3	86	89	92	89	92	96	93	96	100
RIR Increment	4	85	88	91	88	92	95	92	96	100
RIR Increment	5	84	87	90	88	91	95	92	96	100
RIR Increment	6	83	86	90	87	91	95	92	96	100
RIR Increment	7	83	86	89	87	90	94	92	96	100
RIR Increment	8	82	85	89	86	90	94	92	96	100
RIR Increment	9	81	85	88	86	90	94	91	95	100
RIR Increment	10	81	84	88	86	89	93	91	95	100

% Maximum Number of Reps

	Reps	extensive			normal			intensive		
		−2	−1	0	−2	−1	0	−2	−1	0
Deducted Intensity	1	24	30	40	30	40	58	40	58	100
Deducted Intensity	2	37	45	56	45	56	72	56	72	100
Deducted Intensity	3	45	53	64	53	64	78	64	78	100
Deducted Intensity	4	51	59	69	59	69	82	69	82	100
Deducted Intensity	5	55	62	72	62	72	84	72	84	100
Deducted Intensity	6	57	65	74	65	74	86	74	86	100
Deducted Intensity	7	60	67	76	67	76	87	76	87	100
Deducted Intensity	8	61	69	77	69	77	88	77	88	100
Deducted Intensity	9	63	70	78	70	78	88	78	88	100
Deducted Intensity	10	64	71	79	71	79	89	79	89	100
RIR	1	20	25	33	25	33	50	33	50	100
RIR	2	33	40	50	40	50	67	50	67	100
RIR	3	43	50	60	50	60	75	60	75	100
RIR	4	50	57	67	57	67	80	67	80	100
RIR	5	56	62	71	62	71	83	71	83	100
RIR	6	60	67	75	67	75	86	75	86	100
RIR	7	64	70	78	70	78	87	78	87	100
RIR	8	67	73	80	73	80	89	80	89	100
RIR	9	69	75	82	75	82	90	82	90	100
RIR	10	71	77	83	77	83	91	83	91	100
Relative Intensity	1	17	20	24	24	30	40	40	58	100
Relative Intensity	2	28	32	38	38	46	56	56	73	100
Relative Intensity	3	36	41	47	47	55	65	65	79	100
Relative Intensity	4	42	47	53	53	61	71	71	83	100
Relative Intensity	5	47	52	58	58	66	75	75	86	100
Relative Intensity	6	50	56	62	62	69	77	77	88	100
Relative Intensity	7	54	59	65	65	72	79	79	89	100
Relative Intensity	8	56	61	67	67	74	81	81	90	100
Relative Intensity	9	58	63	69	69	75	82	82	91	100
Relative Intensity	10	60	65	71	71	77	84	84	91	100
Perc Max Reps	1	40	50	60	60	70	80	80	90	100
Perc Max Reps	2	40	50	60	60	70	80	80	90	100
Perc Max Reps	3	40	50	60	60	70	80	80	90	100
Perc Max Reps	4	40	50	60	60	70	80	80	90	100
Perc Max Reps	5	40	50	60	60	70	80	80	90	100
Perc Max Reps	6	40	50	60	60	70	80	80	90	100
Perc Max Reps	7	40	50	60	60	70	80	80	90	100
Perc Max Reps	8	40	50	60	60	70	80	80	90	100
Perc Max Reps	9	40	50	60	60	70	80	80	90	100
Perc Max Reps	10	40	50	60	60	70	80	80	90	100
Perc Drop	1	24	30	40	30	40	58	40	58	100
Perc Drop	2	35	42	53	42	53	70	53	70	100
Perc Drop	3	41	49	59	49	59	75	59	75	100
Perc Drop	4	44	52	63	52	63	78	63	78	100
Perc Drop	5	46	54	65	54	65	79	65	79	100
Perc Drop	6	47	55	66	55	66	80	66	80	100
Perc Drop	7	47	56	66	56	66	81	66	81	100
Perc Drop	8	47	56	67	56	67	81	67	81	100
Perc Drop	9	47	55	67	55	67	81	67	81	100
Perc Drop	10	46	55	66	55	66	81	66	81	100
RIR Increment	1	20	25	33	25	33	50	33	50	100
RIR Increment	2	31	37	46	37	47	63	48	65	100
RIR Increment	3	37	43	52	45	54	69	56	72	100
RIR Increment	4	42	48	56	49	59	72	61	76	100
RIR Increment	5	45	51	59	53	62	74	65	79	100
RIR Increment	6	47	53	61	55	64	76	67	80	100
RIR Increment	7	49	55	63	57	66	77	69	82	100
RIR Increment	8	51	56	64	59	67	78	71	83	100
RIR Increment	9	52	58	65	60	68	79	72	84	100
RIR Increment	10	53	59	65	61	69	79	73	85	100