

**BENCH MAX CALCULATOR PRE-PRODUCTION
MATERIAL**

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Bench Max Style Tile:

BENCH MAX CALCULATOR

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Calculate your Bench
Max

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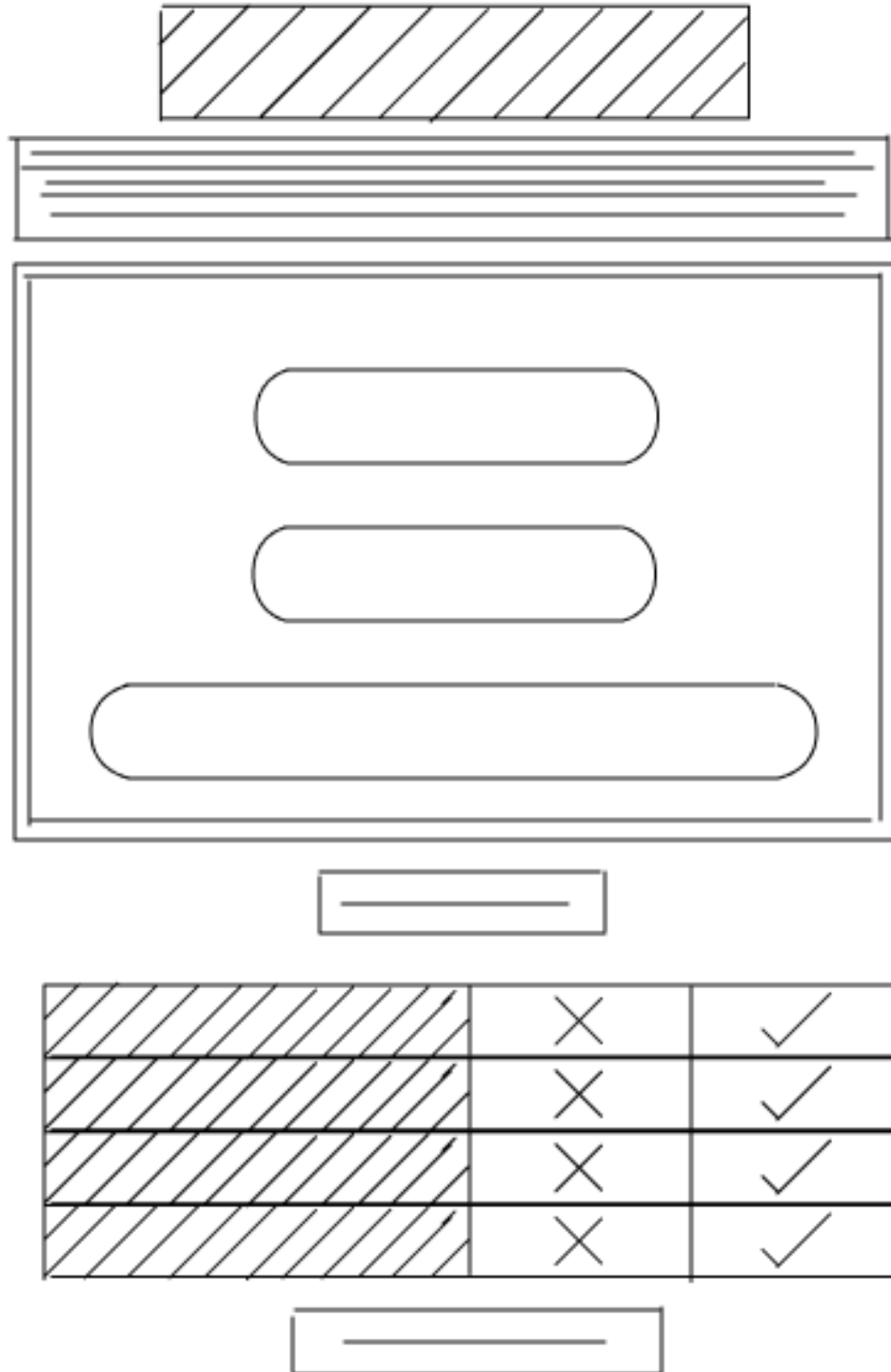
COLORS



Tips **MAX**
Bench Calculator

Bench Max Wireframes:

Calculator Page:



Tips and Advice page:

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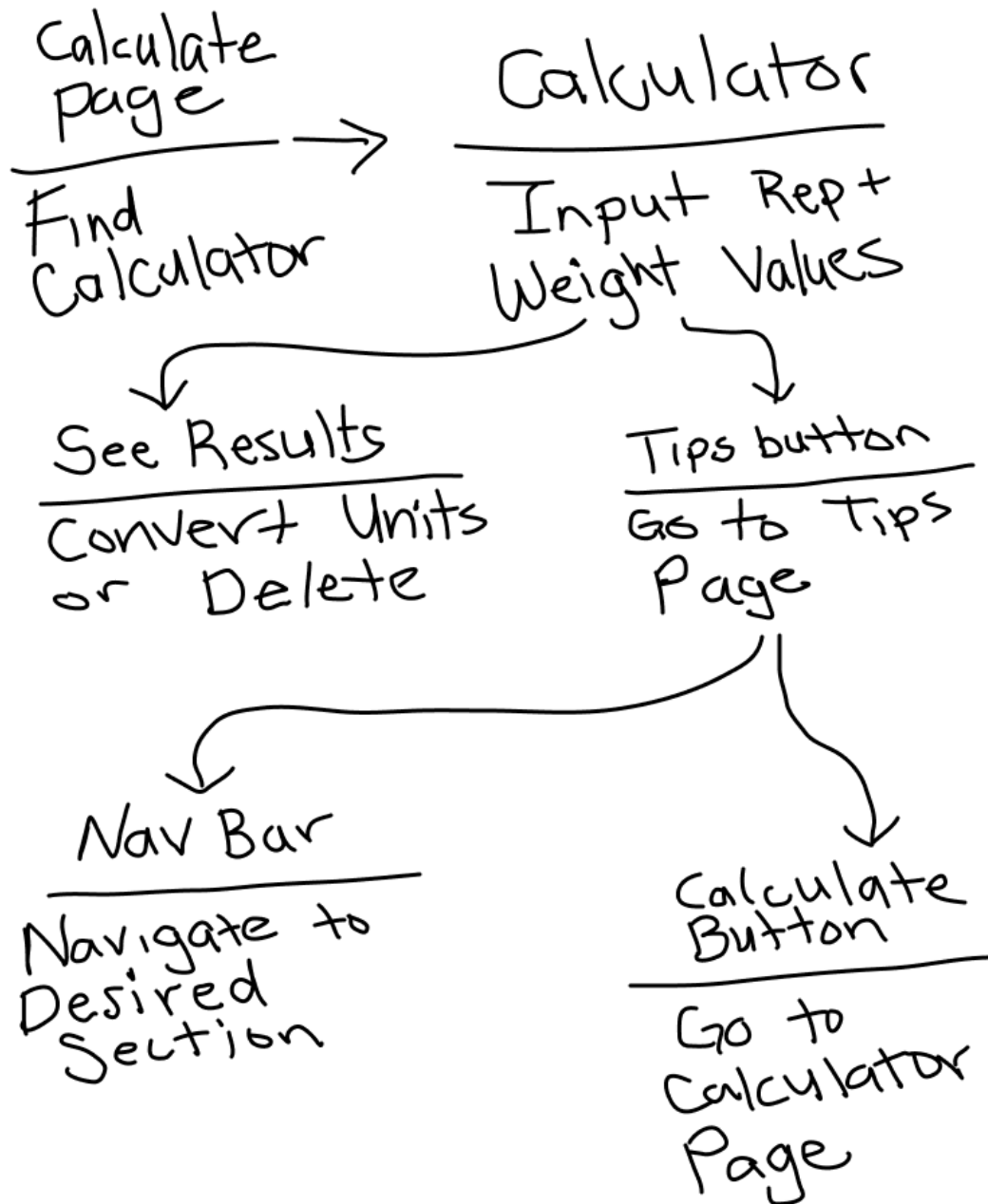
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Bench Max Calculator Shorthand Flows:



Bench Max Calculator Pitch Board:

BENCHMAXCALCULATOR.COM

The bench max calculator is built to give you an estimate on the highest amount of weight you can perform for one repitition. This estimate is based off of previous performance in the gym. If you previously did a set of 225 pounds for 8 reps, we can estimate how much you'd be capable of doing for one rep.



The bench max calculator is able to give estimates based on a consistent formula which takes a input from previous performances at the gym and projects them forward. Additionally, for those who are looking to get stronger, the Benchmaxcalculator has a dedicated page for beginners and intermediates who are looking to get progress in their fitness journey. We tend to overcomplicate the idea of working out and getting bigger with a unnecessary excercises, unsustainable diets, and lack of focus. I am a huge believer in sticking to the fundamentals, and keeping your lifts enjoyable and sustainable over time by adjusting your workout to your preferences.

PERSONAS



Potential Recruiter
Recruiter seeking to look at personal projects



Fitness Geeks
Gym goers looking to estimate their potential



New Clients
Clients looking to understand my work

COMPS



Bench Max Calculator Comps:

BENCHMAX CALCULATOR



The One Rep Max Calculator gives you an accurate estimate on how much you would be able to lift for one repetition based on a formula. It is intended to get an idea of what one can do with the given repetitions and weight lifted.

CALCULATE YOUR MAX

Insert the weight you lifted and the reps completed with that weight:

VIEW RESULTS BELOW:



Click on your results in pounds to convert to Kilograms (KG)!

290.0 LBPS



[TIPS ON HOW TO GET STRONGER](#)

Tips and Tricks Comp:



MINDSET

WORKOUTS

DIET

CALCULATE

MINDSET

Struggling to get in the Zone?

Here are Some Tips:

1. WHY DO YOU WANT THIS?

When beginning your weight lifting journey it is crucial to understand what your motive behind starting is. Are you going to lose weight, become more conditioned, build confidence, therapy, as a healthy habit? Without purpose and vision it becomes infinitely more difficult to stay consistent, and consistency is going to be a key factor to a new comers long term success and progression. One key tip I have is to start by setting one long term goal, and then set a short term goal to attain soon.

WORKOUTS

PROGRESSIVE OVERLOAD

I can confidently say that progressive overload is going to be the most crucial aspect of being able to lift heavier over the long term. You want to continuously lift heavier as you gain strength. Our bodies are adaptable, we conform to the conditions that are around us.

QUALITY > QUANTITY

Ego lifting, ever heard of it? If not, let me refresh you. Ego lifting is where we lift weights that we are not capable of completing quality reps of. This is a bigger issue that a lot of people may think, as we are pressured by our surroundings and peers to lift heavy weights as a way of displaying superiority.

TAKE A REST DAY!

Rest days, you start loving and learn to hate them as time goes on. Why take a rest day when you've had the best week of lifts ever? That sounds redundant, and who doesn't love an amazing pump? Well, if you care about building up your body then a rest day is crucial.

DIET

EAT FOR YOUR GOALS

It is important that the food you are eating is complimenting what your goals are. Lets use an example: Ones who are trying to put on muscle mass would have an surplus of protein in their diet.

FOCUS ON THE PROTEIN

I am going to speak on my personal experience with lifting. I started lifting at 155 pounds back in 2018. I had no idea what I was doing, all I knew is that I wanted to put on weight because I was constantly getting pick on for being skinny.

DON'T COMPLICATE IT!

A workout routine without a diet is a lifestyle bound to fail. Lets use another example: Say your good buddy Saul is trying to lose weight, he begins going to the gym and is working his butt off to burn some calories and get in better shape.

CALCULATE YOUR MAX HERE!