

NAME:

HOUR:

**Personal Workout / Max-out form**

**Directions**

A one repetition Max-out must be determined for each lift listed below.

**However, You do not have to do an actual one repetition Max-out.**

An estimated one repetition Max-out can be used by doing the following:

- 1) Do 1 set of 10-12 repetitions at a light weight selection (light warm-up).
- 2) Do 1 set of 8-10 repetitions at a moderate weight selection (moderate warm-up).
- 3) Then Choose a weight that you know that you can not lift more than 10 repetitions, then lift that weight as many times as possible, working until total fatigue.

**FOR A MORE ACCURATE MAX-OUT, CHOOSE A WEIGHT THAT WILL CAUSE YOU TO FAIL BETWEEN 2 AND 6 REPETITIONS.**

- 4) Fill in the chart below, recording the weight used and repetitions achieved.
- 5) To locate your estimated one repetitions maximum, use the yellow sheet labeled "find your strength level chart", to record the estimated one repetition Max-out.

<b>LIFTING EXERCISES</b>	<b>HOW MUCH WEIGHT DID YOU LIFT?</b>	<b>HOW MANY REPS ACHIEVED?</b>	<b>ESTIMATED 1 REP. MAX-OUT</b>
<b>BENCH PRESS</b>			
<b>SQUATS / LEG PRESS</b>			
<b>INCLINE PRESS</b>			
<b>LAT. PULLS</b>			
<b>ARM CURLS</b>			
<b>TRICEPS / DIPS</b>			
<b>LEG EXTENSIONS</b>			
<b>LEG CURLS</b>			
<b>SHOULDER PRESS</b>			
<b>SEATED ROWS</b>			
<b>PEC DECK</b>			
<b>POWER CLEANS</b>			
<b>PUSH PRESS</b>			

**Note:**

- You do not need to do leg press if you do squats,
- Tricep workouts can be dips or a tricep exercise. A good tricep workout would be 3 sets of 15 dips with your own body weight.
- Power Cleans and Push Press should not be completed until you have received instruction on how to do these exercises.
- Plyometric exercises should be completed only twice weekly and at the end of the workout.
- End every workout with abdominal work. (Sit-ups)