

Relative Intensity Table (Reps 11 - 20)

Recommendations	Effort	Percentage	100%	70%	67%	65%	63%	62%	55%	52%	49%	46%	43%
		Reps	1	11	12	13	14	15	16	17	18	19	20
Max	Max	100.0%	100	70	67	65	63	62	55	52	49	46	43
Very Heavy	Very Heavy	97.5%	98	68	65	63	61	60	54	51	48	45	42
Occasional (0-1wk/4wks)	Heavy	95.0%	95	67	64	62	60	58	52	49	47	44	41
		92.5%	93	65	62	60	58	57	51	48	45	43	40
Majority of work sets. (1-3wks/4wks)	Mod +	90.0%	90	63	60	59	57	55	50	47	44	41	39
		87.5%	88	61	59	57	55	54	48	46	43	40	38
Unload & Base Work (0-1wk/4wks)	Mod	85.0%	85	60	57	55	54	52	47	44	42	39	37
		82.5%	83	58	55	54	52	51	45	43	40	38	35
Light	Light	80.0%	80	56	54	52	50	49	44	42	39	37	34
		77.5%	78	54	52	50	49	48	43	40	38	36	33
Very Light	Very Light	75.0%	75	53	50	49	47	46	41	39	37	35	32
		72.5%	73	51	49	47	46	45	40	38	36	33	31
Rarely used. Insufficient load for adapaion.	Too Light	70.0%	70	49	47	46	44	43	39	36	34	32	30
		67.5%	68	47	45	44	43	42	37	35	33	31	29
		65.0%	65	46	44	42	41	40	36	34	32	30	28
Relative Intensity			Absolute Intensity										