

THE ATHLETE'S PHYSIQUE

HOW BUSY MEN & WOMEN BURN FAT AND BUILD LEAN MUSCLE



Reps	NSCA	3%	Average
1	100%	100%	100%
2	95%	97%	96%
3	93%	94%	94%
4	90%	91%	91%
5	87%	88%	88%
6	86%	85%	86%
7	83%	82%	83%
8	80%	79%	80%
9	77%	76%	77%
10	75%	73%	74%
11	70%	70%	70%
12	67%	67%	67%
13	66%	64%	65%
14	65%	61%	63%
15	65%	58%	62%
16	THE ATHLETE'S PHYSIQUE	55%	55%
17		52%	52%
18		49%	49%
19		46%	46%
20		43%	43%
21		40%	40%
22		37%	37%
23		34%	34%
24		31%	31%
25		28%	28%
26		25%	25%
27		22%	22%
28		19%	19%
29		16%	16%
30		13%	13%
40		10%	10%