

Calculate Max 70

It is time to calculate your Max 70

The industry recommended way of calculating 70% of what you are capable of lifting is by first finding out the max weight you are capable of lifting for 1 repetition with each of the exercises and then taking 70% of that to perform sets of 10 to 12 reps.

This can be a very dangerous process with many of the exercises, so instead I am going to give you an effective, an accurate, and a more safe way to calculate the weight you should use during your gym workout sessions:

I want you to simply warm the muscle up by doing a few minutes of cardio or calisthenics.

1. On the exercise where you want to calculate 70% of your max -- start with a relatively light weight.
2. Do 3 or 4 repetitions – repeat this process as you gradually increase the weight as you warm the muscle up until you get to a weight where you think you can perform 10 to 12 reps.
3. Proceed by doing as many reps as you can with that estimated weight. If you can only do 8 you know the weight is a little too heavy. If you can do 14 the weight is too light.
4. Take note of this observation and write down the estimated weight you should be using for that exercise.
5. Repeat this process with each one of the exercises.

