Training Title: **Protocol DEMO - One repetition maximum** **Author:**
Scope/Objective: **Toning** **Page:** **1 / 2**

Phase 1 | TESTING

Exercises > 1 Difficulty > Easy Estimated Time > 00:00:02

Equipment Needed > Bench, Barbell

1 > Bench Presses (id 63)

Difficulty > Easy Sets > 1 Estimated Time > 00:00:2

Sets	Total	Speed	Weight (Kg/Lbs)
> 1	1 Reps	Normal	100% 1 RM*

Note: 7| Do a round of the exercise, loading the maximum weight that you think you are capable of lifting fully and correctly. Take note of the weight used and the number of repetitions done, which will be needed to calculate the maximum weights. Reps >_____ Weights>_____

*1 RM (Maximum Rep) corresponds to the weight that we can lift just once for a determined movement or exercise. Calculate your RM at our site by clicking on the appropriate section.

Note: this training chart was created as a guideline and is not personalized. Please consult an expert as you fill it out.
We suggest you get a check-up to verify that you are fit to perform physical activity.
Warning: if you experience any sensations not commonly associated with physical fatigue, we suggest immediately suspending any motor activity.

Phase 2 | WARM-UP

Exercises > 3 Difficulty > Easy Estimated Time > 00:05:43

Equipment Needed > Bench, Barbell

1 > Bench Presses (id 63)

Difficulty > Easy Sets > 2 Estimated Time > 00:01:37

Sets	Total	Speed	Weight (Kg/Lbs)
> 1	12 Reps	Slow	30% 1 RM*
-	Recovery Time 00:01:00		

Note: 1| Do a round of 10/12 repetitions of the exercise you have chosen to test, using the minimum load possible. 2| Do 1 minute of recovery followed by 30 seconds stretching the muscle area involved.

2 > Bench Presses (id 63)

Difficulty > Easy Sets > 2 Estimated Time > 00:01:50

Sets	Total	Speed	Weight (Kg/Lbs)
> 1	10 Reps	Normal	40% 1 RM*
-	Recovery Time 00:01:30		

Note: 3| Do another round of 8/10 repetitions, with a slight increase in weight on the previous series. 4| Do 1,30 minute of recovery followed by 30 seconds stretching the muscle area involved.

3 > Bench Presses (id 63)

Difficulty > Easy Sets > 2 Estimated Time > 00:02:16

Sets	Total	Speed	Weight (Kg/Lbs)
> 1	8 Reps	Normal	50% 1 RM*
-	Recovery Time 00:02:00		

Note: 5| Do another round of 6/8 repetitions, with a slight increase in weight on the previous series. 6| Do 2 minutes of recovery followed by 30 seconds stretching the muscle area involved.

*1 RM (Maximum Rep) corresponds to the weight that we can lift just once for a determined movement or exercise. Calculate your RM at our site by clicking on the appropriate section.

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