

PRILEPINS CHART

| PERCENT 1RM | APPROXIMATE NUMBER OF REPETITIONS | OPTIMAL | TOTAL RANGE |
|-------------|-----------------------------------|---------|-------------|
| 40 % | 4-8 | 36 | 30 to 50 |
| 50 % | 3-6 | 30 | 18 to 30 |
| 60 % | 3-6 | 24 | 18 to 30 |
| 70 % | 3-6 | 18 | 12 to 24 |
| 80 % | 2-4 | 15 | 10 to 20 |
| 90%+ | 1-2 | 4 to 10 | 1 to 10 |

VOLUME PRESCRIPTIONS



| MODALITY | APPROXIMATE NUMBER OF REPETITIONS |
|------------------------|-----------------------------------|
| Submaximal method | 15-30 total reps |
| Repeated effort method | 50-100 total reps |
| Band work hypertrophy | 50-100 total reps |
| Sled strength work | Sets of 40-60 yards |
| Loaded carries | Sets of 20-40 yards |
| Band work soft-tissue | 100-200 total reps |
| Sled Endurance Work | 400 meters - 1 mile |