

<b>Max Projection</b>	<b>Determine Cycle Poundages</b>	<b>Select Weight for Reps</b>
<ol style="list-style-type: none"> <li>1. Load bar to weight you can lift for 4 to 8 reps.</li> <li>2. Perform as many reps as possible.</li> <li>3. Find rep column in heading for number of reps performed.</li> <li>4. Find weight lifted in rep column.</li> <li>5. Read left to max row to read projected max.</li> </ol>	<ol style="list-style-type: none"> <li>1. Find column for percent desired in the heading.</li> <li>2. Find current max in max column.</li> <li>3. Read weight at intersection of max row and percent column.</li> </ol>	<ol style="list-style-type: none"> <li>1. Find column for number of reps desired in heading.</li> <li>2. Find current max in max column.</li> <li>3. Read weight at intersection of max row and rep column.</li> </ol>
<p><b>Weight Lifting Percentage Charts are available online at:  <a href="http://www.strengthtech.com/percentage">www.strengthtech.com/percentage</a></b></p>		
<h1><b>Always Use Spotters - Never Lift Alone</b></h1>		
<p><b>Strength Tech, Inc.</b>  P.O. Box 1381  Stillwater OK 74076  (800) 443-6543  (405) 377-7100  <a href="http://www.strengthtech.com">www.strengthtech.com</a></p>	<h2><b>Weight Lifting Percentage Chart  Instructions</b></h2>	