

## Strength Max Conversion: Xplosive Speed

### Strength Max Conversion Chart (lbs)

#### Estimating your 1 Rep Max

Use this chart to determine your 1 repetition max (1RM) of an exercise. You do not need to actually complete a maximum 1RM lift to calculate your 1RM, but you should calculate it to take the guess work out of how much weight to lift for each training phase. It also allows you to see strength increases in different phases of training. The number of repetitions and the amount of weight lifted are critical to each training phase.

How to use the chart: To find your 1 Rep Maximum, you do not need to do 1RM-as for most people it is not necessary. You can simply choose a weight in which you would ideally reach muscular failure between 2 and 12 reps.

#### Multiple Repetition Testing Protocol:

1. Warm up with a weight that you can easily lift for 8-10 reps.
2. Rest 1-2 minutes. Increase weight by 10-20%, then perform another set of 6 reps.
3. Rest 1-2 minutes. Increase weight by 10% and perform another set to failure. Note the weight you lifted and how many reps you successfully performed.
4. Once you have determined your weight & reps – go to the first column labeled “Weight (in lbs)” and find the corresponding weight you lifted. Then read across the “Repetitions” row and find the number of reps you completed. The number in the box is your estimated max for one rep.

Example: If you completed 8 reps at 225 lbs., then your estimated 1 Rep Max is 286.

Weight	Repetitions										
1	2	3	4	5	6	7	8	9	10	11	12
45	47	49	50	52	53	55	56	58	60	62	64
50	52	54	56	58	59	61	63	65	66	68	70
55	57	59	61	63	65	67	69	71	73	75	77
60	62	65	67	69	70	73	75	77	80	82	84
65	67	70	72	75	77	79	82	84	86	88	90
70	72	76	78	81	83	85	88	90	93	95	97
75	78	81	84	86	89	92	94	97	99	101	104
80	83	86	89	92	94	98	100	103	106	108	110
85	88	92	95	98	100	104	107	110	113	115	117
90	93	97	100	104	106	110	113	116	119	123	127
95	98	103	106	109	112	116	119	123	126	129	132
100	104	108	112	115	118	122	126	129	133	136	139
110	114	119	123	127	130	134	138	142	146	150	154
115	119	124	128	132	136	140	144	148	152	156	160
120	124	130	134	138	142	146	151	155	159	163	167
125	129	135	139	144	148	153	157	161	166	170	174
130	135	140	145	150	153	159	163	168	172	178	180
135	141	147	153	158	162	167	171	176	180	184	187
140	147	153	158	163	168	173	178	182	186	190	194
145	152	158	164	169	174	179	184	189	193	197	201

Average for height, Average Plus for weight and Excellent for speed. That means he is taller than almost 75% of the QB's tested in 2005, heavier than 60% of QBs tested in 2005 and faster than 90% of the QB's tested in 2005.

Height is recorded using four numbers. The first number represents feet. The 2<sup>nd</sup> and 3<sup>rd</sup> numbers represent inches. The 4<sup>th</sup> number represents eighths of an inch. For example, the height of the sample QB listed above- “6024” is read 6 feet, 2 inches and 4/8ths (or 1/2) of an inch.

## OFFENSE

		QB				
Standards	HT	WT	40	SS	BP	VJ
Poor	5112	200	5.11	4.68	5	26
Far below Average	6002	204	5.07	4.63	6	27.2
Below Average	6010	210	5.04	4.56	8	28.2
Average	6012	215	4.98	4.55	10	29
Average Plus	6016	217	4.93	4.49	10	29.8
Above Average	6024	225	4.87	4.42	11	30.5
Far above Average	6032	230	4.83	4.38	14	32.4
Excellent	6041	237	4.72	4.31	16	34
Exceptional	6041	251	4.69	4.26	17	34.5
		RB				
Standards	HT	WT	40	SS	BP	VJ
Poor	5074	189	5	4.72	11	29.2
Far Below Average	5080	197	4.92	4.59	13	29.5
Below Average	5084	202	4.83	4.53	15	30.5
Average	5091	207	4.77	4.47	16	31.5
Average Plus	5094	210	4.72	4.41	18	32.5
Above Average	5101	215	4.68	4.34	20	34
Far above Average	5106	221	4.64	4.28	22	35
Excellent	5115	231	4.59	4.19	24	36.7
Exceptional	6002	238	4.53	4.14	26	38.5
		FB				
Standards	HT	WT	40	SS	BP	VJ
Poor	5092	228	5.25	4.89	15	26.5
Far Below Average	5097	231	5.17	4.82	17	27.5
Below Average	5102	235	5.06	4.71	18	27.8
Average	5105	242	4.99	4.62	19	29
Average Plus	5112	246	4.93	4.48	21	31
Above Average	5114	249	4.86	4.37	24	31.5
Far above Average	6001	254	4.79	4.34	27	32.6
Excellent	6005	264	4.67	4.29	30	35
Exceptional	6010	281	4.62	4.25	32	36.2
		WR				
Standards	HT	WT	40	SS	BP	VJ
Poor	5092	177	4.87	4.55	5	28.5
Far Below Average	5101	184	4.81	4.47	7	30
Below Average	5107	188	4.75	4.42	9	31
Average	5114	193	4.69	4.36	10	31.5
Average Plus	6002	197	4.64	4.3	12	32
Above Average	6006	202	4.59	4.24	13	33
Far above Average	6014	207	4.56	4.18	14	64.5
Excellent	6021	215	4.5	4.12	17	36
Exceptional	6030	222	4.46	4.05	18	37.9
		TE				
Standards	HT	WT	40	SS	BP	VJ
Poor	6016	237	5.23	4.82	13	25.5
Far Below Average	6022	243	5.15	4.75	14	26.5
Below Average	6026	250	5.07	4.63	17	27.5
Average	6030	253	5.04	4.59	19	28.5
Average Plus	6033	257	5	4.51	21	29.2
Above Average	6040	263	4.9	4.44	23	30.2
Far above Average	6042	269	4.84	4.36	24	31.5

Excellent	6046	275	4.78	4.21	27	35
Exceptional	6053	288	4.68	4.21	27	35
OT						
Standards	HT	WT	40	SS	BP	VJ
Poor	6032	296	5.88	5.34	16	20.5
Far Below Average	6040	303	5.83	5.2	16	22.5
Below Average	6044	308	5.72	5.1	18	23
Average	6047	313	5.6	4.99	19	24
Average Plus	6050	320	5.54	4.94	21	24.5
Above Average	6052	329	5.46	4.87	22	25.3
Far above Average	6057	338	5.28	4.77	24	26.5
Excellent	6060	370	5.03	4.69	247	27.8
Exceptional	6064	391	4.99	4.67	25	30
OG						
Standards	HT	WT	40	SS	BP	VJ
Poor	6013	295	5.79	5.36	19	21.5
Far Below Average	6016	301	5.63	5.18	20	22.5
Below Average	6020	311	5.55	5.11	23	23.5
Average	6024	316	5.5	4.97	24	24.5
Average Plus	6026	324	5.43	4.82	25	26
Above Average	6030	335	5.34	4.77	27	27.2
Far above Average	6036	343	5.3	4.68	28	28
Excellent	6041	361	5.17	4.62	34	30.5
Exceptional	6045	370	5.09	4.57	35	32.5
OC						
Standards	HT	WT	40	SS	BP	VJ
Poor	6000	290	5.58	5.27	21	24
Far Below Average	6001	294	5.5	5.07	23	25
Below Average	6002	300	5.47	4.93	24	25.8
Average	6003	302	5.38	4.81	28	26.5
Average Plus	6005	306	5.35	4.72	28	27.6
Above Average	6014	310	5.27	4.67	29	28.5
Far above Average	6020	314	5.15	4.65	32	28.8
Excellent	6024	314	5.08	4.59	33	31.8
Exceptional	6025	316	5.03	4.52	34	32.5

## DEFENSE

OLB						
Standards	HT	WT	40	SS	BP	VJ
Poor	5110	218	5.04	4.73	15	28.4
Far below Average	5114	223	4.93	4.65	16	30
Below Average	600	226	4.9	4.58	17	30.5
Average	6005	229	4.87	4.49	19	31.8
Average Plus	6007	230	4.79	4.46	21	32.7
Above Average	6012	237	4.74	4.39	22	33.5
Far above Average	6020	240	4.68	4.33	23	35
Excellent	6027	248	4.63	4.26	25	36.1
Exceptional	6032	251	4.58	4.16	27	38.8
ILB						
Standards	HT	WT	40	SS	BP	VJ
Poor	5104	229	5.15	4.75	15	27.7

Far Below Average	5107	234	5.1	4.65	17	28.5
Below Average	5111	237	5.04	4.59	20	29.9
Average	5116	240	4.96	4.5	21	31
Average Plus	6003	243	4.93	4.47	23	32
Above Average	6006	246	4.87	4.41	25	33
Far above Average	6012	252	4.82	4.37	27	34
Excellent	6021	256	4.75	4.25	28	35.5
Exceptional	6024	261	4.69	4.17	30	36.6
DE						
Standards	HT	WT	40	SS	BP	VJ
Poor	6005	248	5.33	4.96	15	25.85
Far Below Average	6010	257	5.2	4.84	17	26.9
Below Average	6014	261	5.15	4.76	18	27.5
Average	6020	265	5.07	4.7	20	28.5
Average Plus	6023	269	5	4.65	24	29
Above Average	6031	274	4.94	4.58	23	30.1
Far above Average	6034	276	4.89	4.52	27	31.5
Excellent	6041	288	4.82	4.44	29	33
Exceptional	6050	295	4.74	4.37	34	35.2
DT						
Standards	HT	WT	40	SS	BP	VJ
Poor	5117	284	5.65	5.22	18	22.7
Far Below Average	6004	289	5.55	5.13	20	24
Below Average	6010	297	5.46	5.04	21	24.5
Average	6014	304	5.34	4.95	23	26.5
Average Plus	6020	308	5.23	4.88	24	27
Above Average	6023	313	5.2	4.75	26	28.5
Far above Average	6030	323	5.15	4.65	29	29
Excellent	6040	352	5.09	4.62	33	30.5
Exceptional	6045	362	5.04	4.51	35	31.1
NT						
Standards	HT	WT	40	SS	BP	VJ
Poor	5103	284	5.76	5.43	17	20.4
Far Below Average	5115	293	5.7	5.26	19	22.1
Below Average	6002	304	5.56	5.12	21	23.5
Average	6005	311	5.5	5.03	22	24
Average Plus	6006	316	5.46	4.88	25	25.2
Above Average	6012	322	5.4	4.81	26	25.9
Far above Average	6017	330	5.23	4.67	30	27
Excellent	6030	345	5.08	4.53	35	29.5
Exceptional	6033	354	4.99	4.49	36	30.6
CB						
Standards	HT	WT	40	SS	BP	VJ
Poor	5081	173	4.83	4.57	7	29.5
Far Below Average	5085	179	4.74	4.5	9	30.5
Below Average	5091	182	4.7	4.44	11	31.5
Average	5095	185	4.66	4.38	12	32.5
Average Plus	5101	189	4.62	4.31	13	33.5
Above Average	5104	192	4.57	4.26	15	35
Far above Average	5110	196	4.53	4.2	16	36
Excellent	5117	202	4.47	4.11	18	37
Exceptional	6002	207	4.43	4.04	20	39
S						
Standards	HT	WT	40	SS	BP	VJ

Poor	5100	194	4.92	4.62	10	29.5
Far Below Average	5104	198	4.85	4.56	12	30.5
Below Average	5110	200	4.81	4.49	13	31.5
Average	5113	203	4.75	4.41	15	32.5
Average Plus	5116	207	4.7	4.35	16	33.5
Above Average	6002	211	4.67	4.29	18	35
Far above Average	6004	214	4.64	4.23	19	36
Excellent	6012	218	4.56	4.13	22	37.6
Exceptional	6013	224	4.52	4.09	25	38.5