Load From Your 1RM

A backup working-weight chart for when you know a true 1-rep max.

TLC WORKS FROM YOUR 5RM

Use the 5RM chart first. This chart is a backup for when the most recent number you have is a 1RM.

Your **1RM** is the most you can lift for one clean rep. TLC doesn't test 1RMs, but if you have a recent one from somewhere else, this is the classic chart.

REPS	*0 RIR RPE 10*	*1 RIR RPE 9*	*2 RIR RPE 8*	*3 RIR RPE 7*	*4 RIR RPE 6*
1	**100%**	96%	92%	89%	86%
2	96%	92%	89%	86%	84%
3	92%	89%	86%	84%	81%
4	89%	86%	84%	81%	79%
5	86%	84%	81%	79%	76%
6	84%	81%	79%	76%	74%
7	81%	79%	76%	74%	71%
8	79%	76%	74%	71%	68%

1

Pick your reps

The number of reps the program asks for.

2

Pick your RIR

How many good reps you should have left.

3

Find the %

Read it where the row and column meet.

4

Multiply

Your 1RM × that %, rounded to the nearest 5 lb.

Example: 1RM Back Squat 300 lb. Program says 5 reps @ 2 RIR → 81% → 243 lb → load **245 lb**.

CONVERT TO A 5RM

1RM × 0.86 ≈ your 5RM. Then you can use the main chart.

OLD NUMBER?

A 1RM from months ago is probably wrong today. When in doubt, start lighter and let RPE guide you.

Percentages come from a standard reps-to-failure table, rescaled and rounded to 1%. They are estimates — if the bar slows down or form breaks, adjust.