



## Max Testing Protocol

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- 1 Set at 5-10 Repetitions with light to moderate load.  
*(1 Minute Rest)*
- 2 Sets at 3-5 Repetitions with heavy load.  
*(2 Minute Rest)*
- 1 Set at 2-3 Repetitions with near maximum load.  
*(2-4 Minute Rest)*
- 1 Repetition Maximum attempt.  
*(2-4 Minute Rest if another Maximum lift is required.)*

Make sure you are attempting your 1 repetition maximum within 5 sets after warm-up.

Increase upper body lifts by 5-10%. If maximum lift is a failure decrease weight by 5-10%

Increase lower body lifts by 10-20%. If maximum lift is a failure decrease weight by 10-20%