

## 3-repetition maximum testing protocol

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1. Estimate a *light warm-up* weight that you can lift easily for 6-8 reps.
2. Lift the weight for 6-8 reps.
3. Rest for 1 minute.
4. Estimate a *warm-up* weight with which you can complete 5-7 reps, by adding 10-20 pounds (4-9 kg) or 5-10% to your light warm-up weight.
5. Lift the weight for 5-7 reps.
6. Rest for 2 minutes.
7. Estimate a conservative, *near-max weight* with which you can complete 4-6 reps, by adding 10 to 20 pounds (4-9 kg) or 5-10% to your warm-up weight.
8. Lift the weight for 4-6 reps.
9. Rest 2 to 4 minutes.
10. Increase the weight by adding 10 to 20 pounds (4-9 kg) or 5-10%.
11. Lift the weight for 3 reps. Rest for 2 to 4 minutes.

If you were **able** to perform 3 reps then **increase** the weight by 10-20 pounds (5-10%).

If you were **unable** to perform 3 reps then **decrease** the weight by 5 to 10 pounds (2-4 kg) or 2.5-5%.

12. Lift the weight for 3 reps. Rest for 2 to 4 minutes.

If you were **able** to perform 3 reps then **increase** the weight by 10-20 pounds (5-10%).

If you were **unable** to perform 3 reps then **decrease** the weight by 5 to 10 pounds (2-4 kg) or 2.5-5%.

13. Lift the weight for 3 reps. Rest for 2 to 4 minutes. If you were able to complete 3 reps using proper technique, but no more, then record this weight as your 3 rep max. If not continue:

If you were **able** to perform 3 reps then **increase** the weight by 10-20 pounds (5-10%).

If you were **unable** to perform 3 reps then **decrease** the weight by 5 to 10 pounds (2-4 kg) or 2.5-5%.

14. Continue steps 12 & 13 until you reach a weight can complete 3 reps (no more, no less) with proper technique. Record your 3 rep max.



Precision Nutrition

## 3RM testing protocol example:

1. *Light warm-up*: 100 lb
2. 8 reps – very easy.
3. Rested for 1 minute.
  
4. *Warm-up weight*: 110 lb (added 10lb or 10% of light warm-up)
5. 7 reps – easy.
6. Rested for 2 minutes.
  
7. *Near-max weight*: 125 lb (added 15lb of warm-up)
8. 5 reps – fairly easy.
9. Rest 3 minutes.
  
10. **1<sup>st</sup> testing weight**: 135 lb. (added 10 lb OR 9.6% of near-max)
11. 3 reps – felt good.
12. Rested 3 minutes.
  
13. **2<sup>nd</sup> testing weight**: 145 lb. (added 10 lb OR 7.4% of 1<sup>st</sup> testing weight)
14. 2 reps – couldn't do 3 reps.
15. Rested 3 minutes.
  
16. **3<sup>rd</sup> testing weight**: 140 lb. (decreased by 5 lb or 3.4% of 2<sup>nd</sup> testing weight)
17. 3 reps – barely.
18. Record 3 rep max (3RM) as 140 lb.