

MUSCLE BUILDING REPETITION CHART

Training Volume & Intensity Reference

Absolute Strength	1 - 5	85% - 100%	3 - 5 Minutes
Functional Hypertrophy	6 - 8	75% - 85%	2 - 3 Minutes
Muscle Hypertrophy (Size)	8 - 12	65% - 75%	60 - 90 Seconds
Muscle Endurance	15 - 20+	< 60%	30 - 60 Seconds

QUICK REFERENCE & PROGRESS NOTES

*1RM = One Repetition Maximum. Adjust weights when the upper rep limit is reached with perfect form.