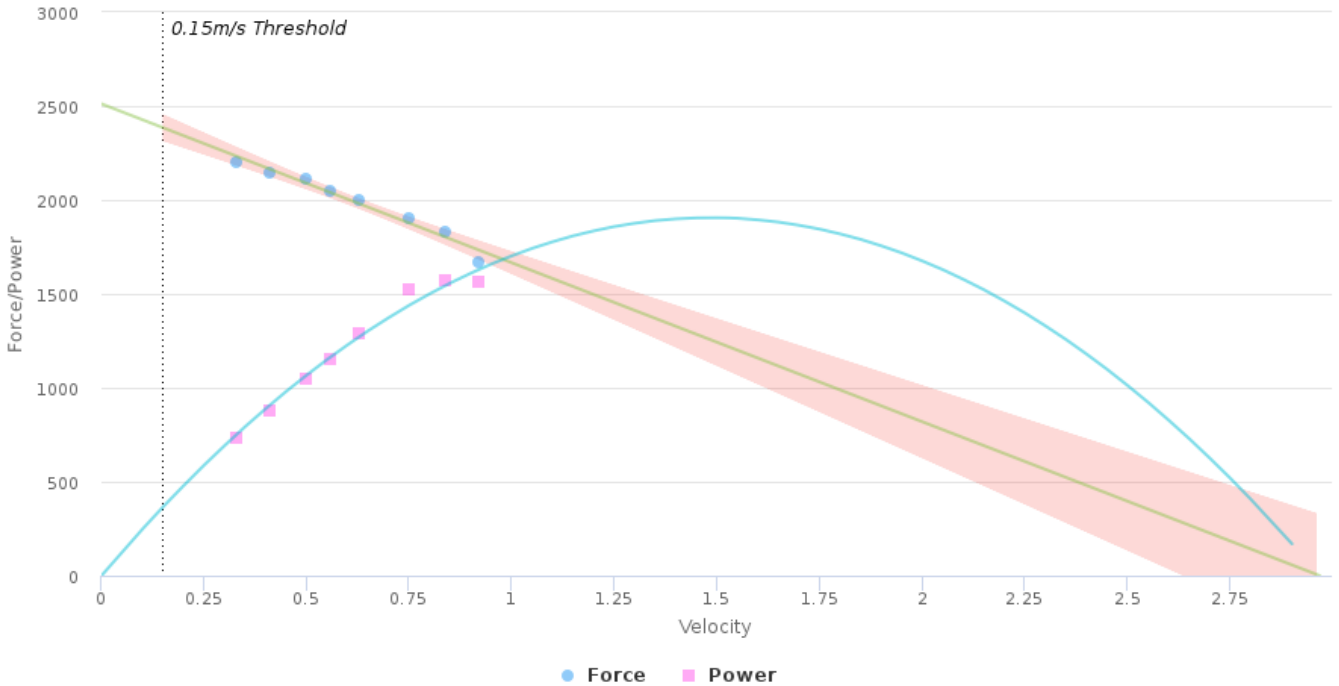


Athlete: Predictive 1RM
12/12/2024 - 12/12/2024

Luke

Squat



Predictions

12/12/2024

1RM

133.1 kg (± 7.1) 0.15 m/s

Load at Max Power

20.9 kg 1.48 m/s 1906 W

We recommend an athlete performs 2 Reps for load above 0.5m/s

Weight	Ratio BM	Mean Velocity (m/s)	Mean Power (W)	Mean Force (N)	Peak Force (N)
60.0 kg	0.5	0.92	1568.08	1669.1	2491.14
75.0 kg	0.7	0.84	1571.54	1828.97	2595.32
85.0 kg	0.8	0.75	1523.27	1900.65	2979.36
95.0 kg	0.9	0.63	1286.85	2003.48	3100.11
100.0 kg	0.9	0.56	1154.97	2051.35	2617.91
105.0 kg	1.0	0.5	1050.05	2112.66	2781.02
110.0 kg	1.0	0.41	882.2	2145.82	2639.45
115.0 kg	1.0	0.33	731.95	2200.07	2629.12