



RPE/RIR To Percentage

RPE	RIR	%1RM (approximate)
10	0	100
9.5	0.5	97.8
9	1	95.5
8.5	1.5	93.2
8	2	91
7.5	2.5	88.7
7	3	86.5
6.5	3.5	84.2
6	4	82