

THE 7-DAY GAUGE WORKOUT



**Finding Your 1RM for
Percentage Based Training**

Finding Your 1 Rep Training Max

If you've never trained using percentages, then you're in for a treat. Never walk into the gym again without knowing exactly how much weight you're going to push (or pull).

The first thing we must do before following any type of percentage based training is find our 1 rep training max (not to be confused with what you've done before or think you can do).

For the next 7 days you are going to be on a very intense training split.

By the end of the week, you will have pushed your body to limits you never thought you could. On top of that, you'll have the 1 rep training max that you'll use for the remainder of your training.

Warning: This is not for the faint of heart!

What you are about to go through is what I call an "indicator week". This is a 7 day training cycle used to determine a starting point.

Warm up to this weight using the strategy in the "Warming Up" section below.

Warming Up

Warming up before an intense training session is critical, but not complicated. In the case of this program, the warm up should fit the workout. Because we are weight training, then we must utilize a warm up method that will prepare the body for this specific activity.

Note: Once you start to add weight, warm-up reps can be tapered down to save gas for the working sets.

Warm Up Example:

Bench Press

Empty Bar x 3 x 8 Warm-up Set

135 lbs x 1 x 6 Warm-up Set

145 x 1 x 4 Warm-up Set

155 x 1 x 2 Warm-Up Set

Begin Working Sets

Note: Begin every exercise with an empty bar or lightweight in order to warm up the body for any given movement.

The Proper Role of the Warm-up: *To prepare the body for the working sets, not to interfere with them.*

The R.P.E Scale

R.P.E.	
10	No Reps Left - Max
9	1 Rep Left – With Struggle
8	Bar Speed Slower – 2 Reps In The Tank
7	Good Bar Speed – Moves Quickly with Max Force
6	Light Weight – Moves Quickly with Moderate Force
5	Warm Up Weight
4	Can be performed for 20 reps – Not Hard
3, 2, 1	Will Not Be Used

If we can train in a potentiated state as oppose to being tired and fatigued, increasing force regularly becomes much easier. We know that increasing workload recruits more total muscle fibers. With that said, the more potentiated we are when we train, the easier it will be to increase load, and ultimately the faster we will force our body to build muscle and gain strength.

Note: I am not saying that we should NEVER train to failure. I am simply suggesting that if you want to optimize your gains, training to failure too frequently can hinder results.

Indicator Week

Sunday	Recovery
Monday	Squat & Bench Volume
Tuesday	OHP & Deadlift Volume
Wednesday	Recovery
Thursday	Squat and Bench 1RM
Friday	OHP 1RM
Saturday	Deadlift 1RM

READ THIS!

1. AMRAP = As Many Reps As Possible
2. The weight used for your AMRAP set should be the same used in your previous working sets.
3. You **MUST** track the weight and reps hit on every AMRAP set. These numbers will be used to determine your 1RM.
4. Rest as long as necessary before going for your AMRAP set.

Monday

Exercise	Sets	Reps	Rest	R.P.E
Squat	4	8	60-90 Sec.	9
Bench Press	4	8	60-90 Sec.	9
Leg Extensions	3	10	60 Sec.	
Hamstring Curls	3	10	60 Sec.	
Calf Raises	4	8	45-60 Sec.	

Tuesday

Exercise	Sets	Reps	Rest	R.P.E
OHP	4	8	60-90 Sec.	9
Deadlift	4	6	90-120 Sec.	8
Lateral Raises	3	10	60 Sec.	
Front Raises	3	10	60 Sec.	
Face Pulls	3	12	60 Sec.	

Wednesday: Recovery

Exercise	Sets	Reps	Rest	R.P.E

Thursday

Exercise	Sets	Reps	Rest	R.P.E
Squat	6	4	90 -120 Sec.	8
Squat	1	AMRAP		10
Bench Press	6	4	90 -120 Sec.	8
Bench Press	1	AMRAP		10
Incline DB Press	3	8	60-90 Sec.	
Cable Flyes	2	10	60 Sec.	

Friday

Exercise	Sets	Reps	Rest	R.P.E
OHP	6	4	90-120 Sec.	8
OHP	1	AMRAP		10
Close-Grip Bench	3	6	60-90 Sec.	
OH Triceps Ext.	3	10	60 Sec.	
Pushdowns	3	10	60 Sec.	

Saturday

Exercise	Sets	Reps	Rest	R.P.E
Deadlift	5	3	2-3 Mins.	7
Deadlift	1	AMRAP		10
Horizontal Pull	4	8	60-90 Sec.	
Vertical Pull	4	8	60-90 Sec.	
DB Curls	2	10	45-60 Sec.	
Hammer Curls	2	10	45-60 Sec.	

Finding Your Training Max

Once you have completed your indicator week, it is time to find your training max.

Step 1 – Download your 1RM calculator.

iPhone: [Reps Calculator](#)

Android: [1 Rep Max Calculator](#)

Web: [OneRepMax](#)

Step 2 – Plug in Your Numbers

Once you've opened your calculator, you'll see a slot for entering the weight and repetitions. Use your AMRAP numbers for this.

The calculator will then spit out your estimated 1 rep max.

Step 3 – Calculate Your Training Max

Find 92% of your estimated 1 rep max.

For example: If your estimated 1 rep max for the deadlift is 405, then your training max should be 92% of that.

405 x 0.92 = 372.6 – Your Training Max is 373 lbs.

Congratulations! You've found your training maxes and are ready for percentage based training. Never walk into the gym again without knowing exactly how much weight you're going to push (or pull).