

1 Rep Max Formula

$$(\text{Weight} \times .03339 \times \text{Reps}) + \text{Weight} = 1 \text{ rep max}$$

If you're lifting 135 lbs for 5 reps, then the following is your equation:

$$(135\text{lbs} \times .03339 \times 5) + 135\text{lbs.} = 157 \text{ lbs}$$

157 is your 1 rep max