

Single Exercise Intensity Per Session Chart via Total volume per session vs Intensity

Intensity (% RM)

Total Volume	97.5	95.0	92.5	90.0	87.5	85.0	82.5	80.0	77.5	75.0	72.5	70.0	67.5	65.0	62.5	60.0
1	0.4	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
2	0.8	0.4	0.3	0.2	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
3	1.2	0.6	0.4	0.3	0.2	0.2	0.2	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
4	1.6	0.8	0.5	0.4	0.3	0.3	0.2	0.2	0.2	0.2	0.1	0.1	0.1	0.1	0.1	0.1
5	2.0	1.0	0.7	0.5	0.4	0.3	0.3	0.3	0.2	0.2	0.2	0.2	0.2	0.1	0.1	0.1
6	2.4	1.2	0.8	0.6	0.5	0.4	0.3	0.3	0.3	0.2	0.2	0.2	0.2	0.2	0.2	0.2
7	2.8	1.4	0.9	0.7	0.6	0.5	0.4	0.4	0.3	0.3	0.3	0.2	0.2	0.2	0.2	0.2
8	3.2	1.6	1.1	0.8	0.6	0.5	0.5	0.4	0.4	0.3	0.3	0.3	0.2	0.2	0.2	0.2
9	3.6	1.8	1.2	0.9	0.7	0.6	0.5	0.5	0.4	0.4	0.3	0.3	0.3	0.3	0.2	0.2
10	4.0	2.0	1.3	1.0	0.8	0.7	0.6	0.5	0.4	0.4	0.4	0.3	0.3	0.3	0.3	0.3
11	4.4	2.2	1.5	1.1	0.9	0.7	0.6	0.6	0.5	0.4	0.4	0.4	0.3	0.3	0.3	0.3
12	4.8	2.4	1.6	1.2	1.0	0.8	0.7	0.6	0.5	0.5	0.4	0.4	0.4	0.3	0.3	0.3
13	5.2	2.6	1.7	1.3	1.0	0.9	0.7	0.7	0.6	0.5	0.5	0.4	0.4	0.4	0.3	0.3
14	5.6	2.8	1.9	1.4	1.1	0.9	0.8	0.7	0.6	0.6	0.5	0.5	0.4	0.4	0.4	0.4
15	6.0	3.0	2.0	1.5	1.2	1.0	0.9	0.8	0.7	0.6	0.5	0.5	0.5	0.4	0.4	0.4
16	6.4	3.2	2.1	1.6	1.3	1.1	0.9	0.8	0.7	0.6	0.6	0.5	0.5	0.5	0.4	0.4
16	6.4	3.2	2.1	1.6	1.3	1.1	0.9	0.8	0.7	0.6	0.6	0.5	0.5	0.5	0.4	0.4
18	7.2	3.6	2.4	1.8	1.4	1.2	1.0	0.9	0.8	0.7	0.7	0.6	0.6	0.5	0.5	0.5
19	7.6	3.8	2.5	1.9	1.5	1.3	1.1	1.0	0.8	0.8	0.7	0.6	0.6	0.5	0.5	0.5
20	8.0	4.0	2.7	2.0	1.6	1.3	1.1	1.0	0.9	0.8	0.7	0.7	0.6	0.6	0.5	0.5
21	8.4	4.2	2.8	2.1	1.7	1.4	1.2	1.1	0.9	0.8	0.8	0.7	0.6	0.6	0.6	0.5
22	8.8	4.4	2.9	2.2	1.8	1.5	1.3	1.1	1.0	0.9	0.8	0.7	0.7	0.6	0.6	0.6
23	9.2	4.6	3.1	2.3	1.8	1.5	1.3	1.2	1.0	0.9	0.8	0.8	0.7	0.7	0.6	0.6
24	9.6	4.8	3.2	2.4	1.9	1.6	1.4	1.2	1.1	1.0	0.9	0.8	0.7	0.7	0.6	0.6
25	10.0	5.0	3.3	2.5	2.0	1.7	1.4	1.3	1.1	1.0	0.9	0.8	0.8	0.7	0.7	0.6
26	10.4	5.2	3.5	2.6	2.1	1.7	1.5	1.3	1.2	1.0	0.9	0.9	0.8	0.7	0.7	0.7
27	10.8	5.4	3.6	2.7	2.2	1.8	1.5	1.4	1.2	1.1	1.0	0.9	0.8	0.8	0.7	0.7
28	11.2	5.6	3.7	2.8	2.2	1.9	1.6	1.4	1.2	1.1	1.0	0.9	0.9	0.8	0.7	0.7
29	11.6	5.8	3.9	2.9	2.3	1.9	1.7	1.5	1.3	1.2	1.1	1.0	0.9	0.8	0.8	0.7
30	12.0	6.0	4.0	3.0	2.4	2.0	1.7	1.5	1.3	1.2	1.1	1.0	0.9	0.9	0.8	0.8
31	12.4	6.2	4.1	3.1	2.5	2.1	1.8	1.6	1.4	1.2	1.1	1.0	1.0	0.9	0.8	0.8
32	12.8	6.4	4.3	3.2	2.6	2.1	1.8	1.6	1.4	1.3	1.2	1.1	1.0	0.9	0.9	0.8
33	13.2	6.6	4.4	3.3	2.6	2.2	1.9	1.7	1.5	1.3	1.2	1.1	1.0	0.9	0.9	0.8
34	13.6	6.8	4.5	3.4	2.7	2.3	1.9	1.7	1.5	1.4	1.2	1.1	1.0	1.0	0.9	0.9
35	14.0	7.0	4.7	3.5	2.8	2.3	2.0	1.8	1.6	1.4	1.3	1.2	1.1	1.0	0.9	0.9
36	14.4	7.2	4.8	3.6	2.9	2.4	2.1	1.8	1.6	1.4	1.3	1.2	1.1	1.0	1.0	0.9
37	14.8	7.4	4.9	3.7	3.0	2.5	2.1	1.9	1.6	1.5	1.3	1.2	1.1	1.1	1.0	0.9
38	15.2	7.6	5.1	3.8	3.0	2.5	2.2	1.9	1.7	1.5	1.4	1.3	1.2	1.1	1.0	1.0
39	15.6	7.8	5.2	3.9	3.1	2.6	2.2	2.0	1.7	1.6	1.4	1.3	1.2	1.1	1.0	1.0
40	16.0	8.0	5.3	4.0	3.2	2.7	2.3	2.0	1.8	1.6	1.5	1.3	1.2	1.1	1.1	1.0
41	16.4	8.2	5.5	4.1	3.3	2.7	2.3	2.1	1.8	1.6	1.5	1.4	1.3	1.2	1.1	1.0
42	16.8	8.4	5.6	4.2	3.4	2.8	2.4	2.1	1.9	1.7	1.5	1.4	1.3	1.2	1.1	1.1
43	17.2	8.6	5.7	4.3	3.4	2.9	2.5	2.2	1.9	1.7	1.6	1.4	1.3	1.2	1.1	1.1
44	17.6	8.8	5.9	4.4	3.5	2.9	2.5	2.2	2.0	1.8	1.6	1.5	1.4	1.3	1.2	1.1
45	18.0	9.0	6.0	4.5	3.6	3.0	2.6	2.3	2.0	1.8	1.6	1.5	1.4	1.3	1.2	1.1
46	18.4	9.2	6.1	4.6	3.7	3.1	2.6	2.3	2.0	1.8	1.7	1.5	1.4	1.3	1.2	1.2
47	18.8	9.4	6.3	4.7	3.8	3.1	2.7	2.4	2.1	1.9	1.7	1.6	1.4	1.3	1.3	1.2
48	19.2	9.6	6.4	4.8	3.8	3.2	2.7	2.4	2.1	1.9	1.7	1.6	1.5	1.4	1.3	1.2
49	19.6	9.8	6.5	4.9	3.9	3.3	2.8	2.5	2.2	2.0	1.8	1.6	1.5	1.4	1.3	1.2
50	20.0	10.0	6.7	5.0	4.0	3.3	2.9	2.5	2.2	2.0	1.8	1.7	1.5	1.4	1.3	1.3