

**Table 3.** A guide for selecting resistances based upon performance in 3 key exercises such as the bench press, pull-up (chin-up) and full squat. For example, if an athlete trains the bench press with 60 kg for 10 reps, the appropriate resistances to use for incline press for the same amount of reps, would be 47.5 kg ( $60 \text{ kg} \times 80\% = 48$ ) and for the DB bench press would be 20 kg each DB ( $60 \text{ kg} \times 33\% = 20\text{kg}$ ). As the bench press and pull-up strengths are similar in most athletes, the bench press training weight can often be used to select the pulling exercises as well if pull-up strength is not measured directly or unknown.

<b>Upper Body Press Exercises</b>	% resistance to use as compared to the bench press for the same # of reps	<b>Upper Body Pull Exercises</b>	% resistance to use as compared to the Pull-up for the same # of reps	<b>Lower Body Exercises</b>	% resistance to use as compared to the full squat for the same # of reps
Bench press	100%	Supinated pull-up	100%	Full squat	100%
Decline press	105%	Pronated pull-up	95%	Front squat	80%
Incline press	80%	Close grip PLD	95%	Lunge	40%
Narrow grip BP	90%	Wide grip front PLD	90%	Step-up	40%
Close grip BP	80%	Wide behind neck PLD	75%	1- leg squats	40%
DB bench	33%* each DB	Seated row	75%	Lateral lunge	25%
Press b neck	50%	Bench pull	65%	Romanian deadlift	75%
Front press	50%	Upright row	50%	Clean Pull to waist	80%
DB shoulder press	17.5% each DB	1-arm DB row	33% * each DB	Power clean from hang	65% * general guide
Tricep extensions	40%	Curls	40%		

