

COACH ROZY'S PERFORMANCE - RELATIVE INTENSITY CHART

| RELATIVE INTENSITY CHART | | | | | | | | |
|---------------------------------|-------------|--------------|--------------|--------------|--------------|--------------|------------|--------------|
| DIFFICULTY | x1 | x2 | x3 | x4 | x5 | x6 | x8 | x10 |
| 100% | 100% | 95% | 92.5% | 90% | 87.5% | 85% | 80% | 72.5% |
| 97.5% | 97.5% | 92.8% | 90.3% | 87.8% | 85.5% | 83% | 78% | 70.8% |
| 95% | 95% | 90.3% | 88% | 85.5% | 83.3% | 80.8% | 76% | 69% |
| 92.5% | 92.5% | 88% | 85.5% | 83.3% | 81% | 78.8% | 74% | 67.3% |
| 90% | 90% | 85.5% | 83.3% | 81% | 78.8% | 76.5% | 72% | 65.3% |
| 87.5% | 87.5% | 83.3% | 81% | 78.8% | 76.8% | 74.5% | 70% | 63.5% |
| 85% | 85% | 80.8% | 78.8% | 76.5% | 74.5% | 72.3% | 68% | 61.8% |
| 82.5% | 82.5% | 78.5% | 76.5% | 74.3% | 72.3% | 70.3% | 66% | 60% |
| 80% | 80% | 76% | 74% | 72% | 70% | 68% | 64% | 58% |
| 77.5% | 77.5% | 73.8% | 71.8% | 69.8% | 68% | 66% | 62% | 56.3% |
| 75% | 75% | 71.3% | 69.5% | 67.5% | 65.8% | 63.8% | 60% | 54.5% |
| 72.5% | 72.5% | 69% | 67.3% | 65.3% | 63.5% | 61.8% | 58% | 52.5% |
| 70% | 70% | 66.5% | 64.8% | 63% | 61.3% | 59.5% | 56% | 50.5% |
| 67.5% | 67.5% | 64.3% | 62.5% | 60.8% | 59.3% | 57.5% | 54% | 49% |
| 65% | 65% | 61.8% | 60.3% | 58.5% | 57% | 55.3% | 52% | 47.3% |

The Percent on the LEFT COLUMN is the RELATIVE INTENSITY for that lift or workout. The Table shows the ACTUAL PERCENT OR INTENSITY LIFTED. Example: If you do 10 Reps at 72.5%, you are doing 72.5% for the workout, but your RELATIVE INTENSITY is at 100%. You shouldn't be able to do more then 10 reps.