## COACHMEPLUS 🞇

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# How to: Enter 1RM Data in Group Testing

M a

Michael Gallivan a few seconds ago · Updated

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### Video Walkthrough

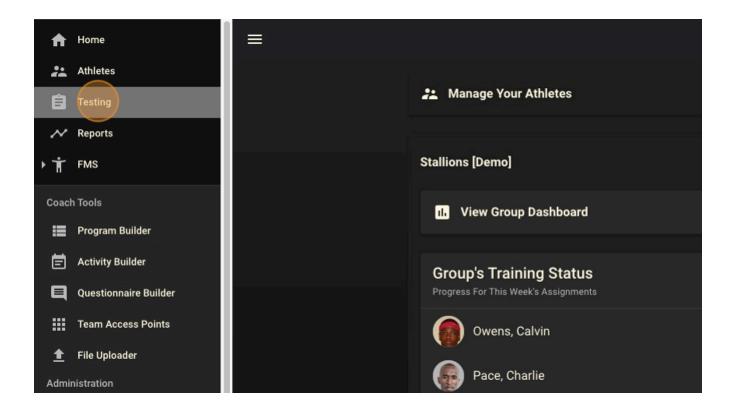




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Step-by-step Instructions:

Step One: On your side menu, select Testing



Step Two: Select a training group

쀎 COACHMEPLUS
Select a Group
Stallions [Demo]
Forwards
Defensemen
Goalies
Prospects [Demo]
Forwards
Defensemen

Step Three: Select 1RM Testing on the top of the screen

## C O A	CHMEPLUS		
		_	
Testing		Shared 1RM	
ght/Weight			
kson/Pollock - Body Density (7 Site	e - Female)		
kson/Pollock - Body Density (7 Site	e - Male)		
er			
folds			

Step Four: Select the exercise you are entering data for

Testing
Back Squat
Bench
Bench Press
Chest
Clean
Deadlift
Front Squat
Hang Clean

**Step Five:** On this page, you can input 1RM, 3RM, 5RM, or any other repetition maximums. The system will simply display a 1RM when entered, and will auto-calculate an estimated 1RM using the **NSCA Landers Equation** if you utilize a multiple rep-maximum test.

Bench Press
Click to change value for all athletes
Reps 1 Image: Weight manual stress of the stress of t
No value
No value
No value
No value

**Step Five:** Click on **Save**. You can now use these 1RMs as baselines to calculate lifting percentages off within **Program Builder**.

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	Apr 24, 2024 🛅 🖬
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n the <u>NSCA Landers equation</u>	
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