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# How to: Enter 1RM Data in Group Testing



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a few seconds ago · Updated

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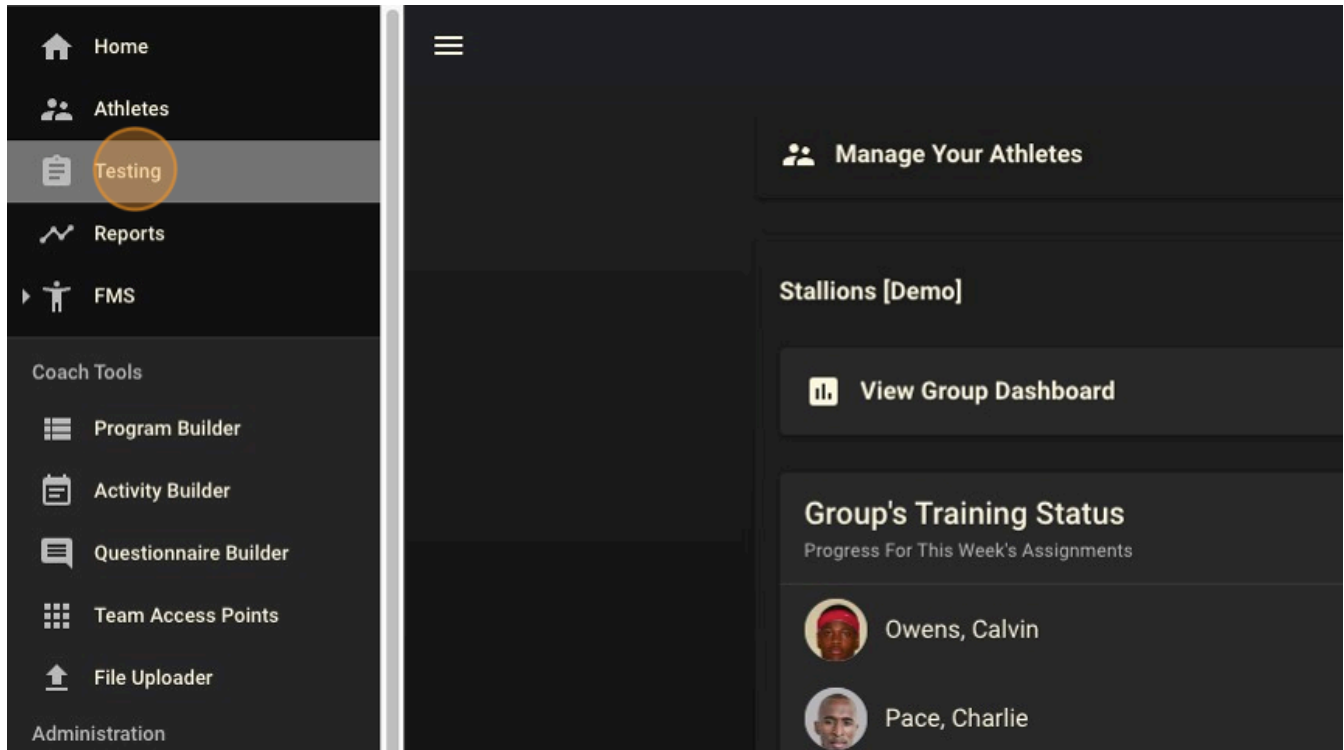
## Video Walkthrough



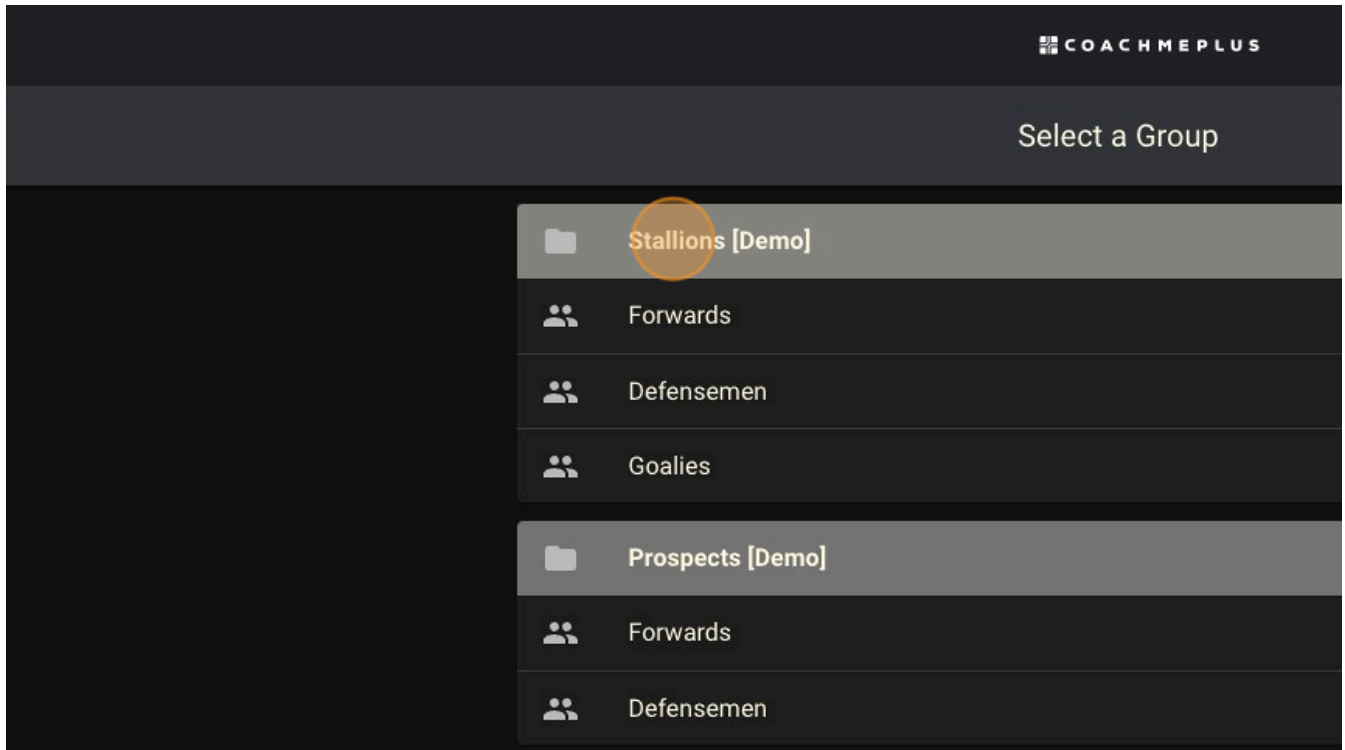
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## Step-by-step Instructions:

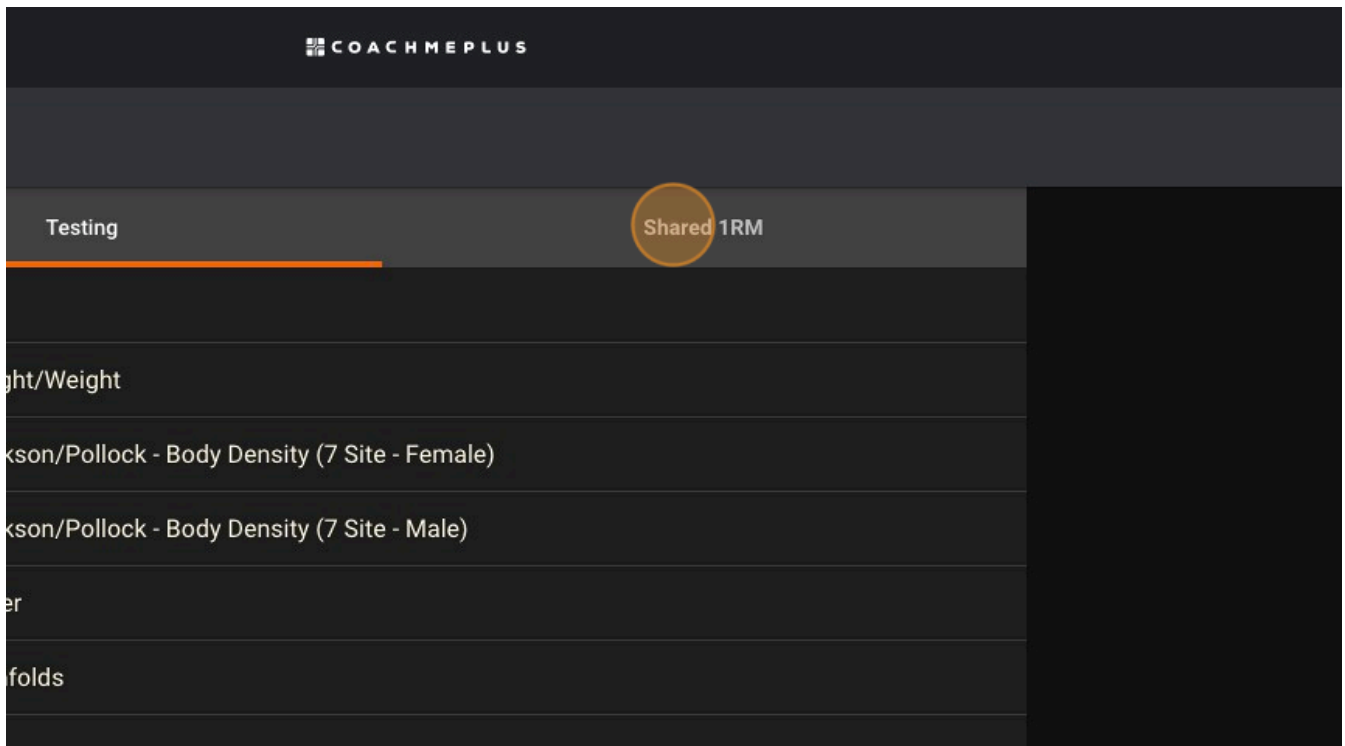
**Step One:** On your side menu, select **Testing**



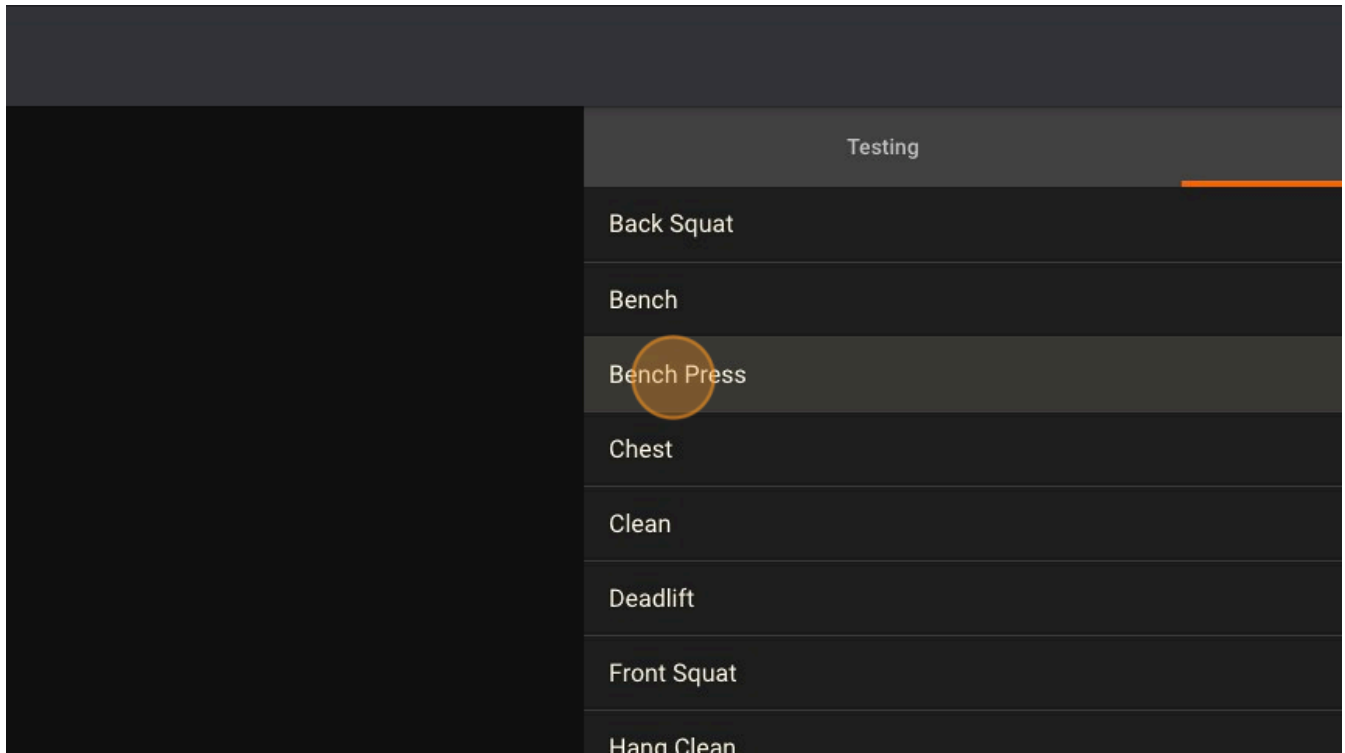
**Step Two:** Select a training group



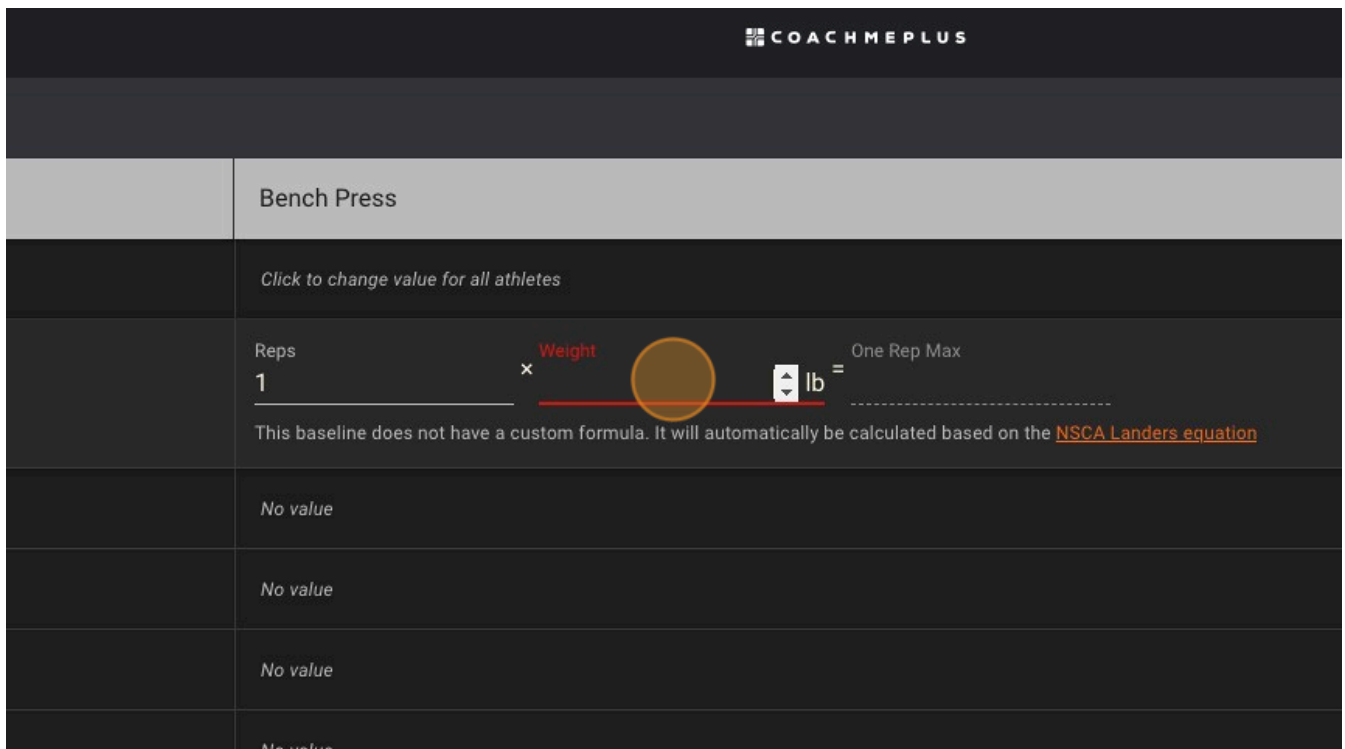
**Step Three:** Select **1RM Testing** on the top of the screen



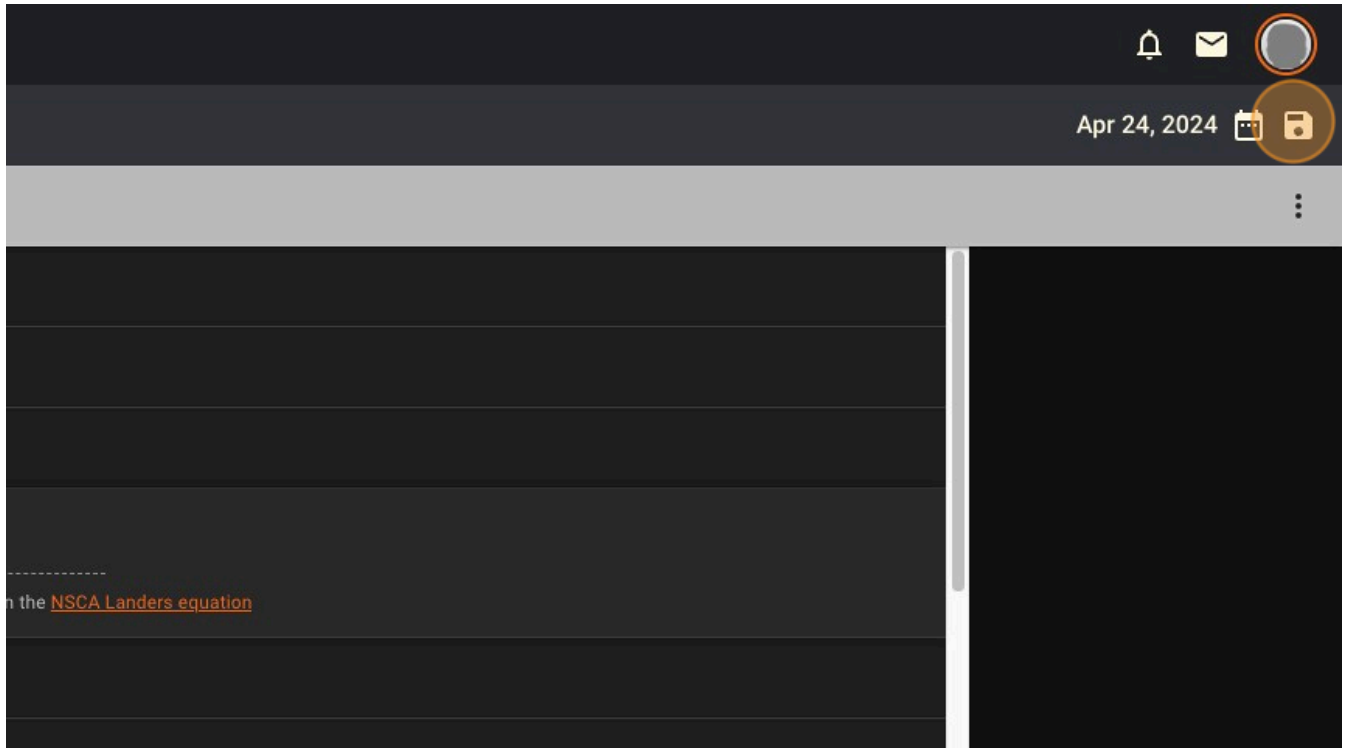
**Step Four:** Select the exercise you are entering data for



**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.



**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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