

STS One Rep Max Chart

Below is a chart containing all of the exercises in STS for which you can establish a 1RM. You can easily determine the importance of each 1RM by checking the exercises rating in the chart: five stars means it is highly recommended that you establish a 1RM, while one star indicates an exercise that is not as essential to establish a 1RM. Blank lines are provided in the chart so that you can record your results, but consider using our online version of the Workout Manager (http://www.thecathenation.com/workout) to record this information for greater flexibility in making changes as you progress, and to automatically create your workout cards.

One Rep Ma	x Chart_					
Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	621 ****	Alternating Seated Overhead Shoulder Press	Shoulders			
	178 ****	Barbell Curls	Biceps			
	326 ****	Incline Chest Flys	Chest			
	203 ***	Incline Curl Alternating & Rotate at Top	Biceps			
	641 ★★★	Incline Front Raise on Stability Ball	Shoulders			
	254 ★★	Standing Quarter Stop Curls Both Arms	Biceps			
	238 ★★	Seated Concentration Curls 1.5's	Biceps			
	687 ★★★★	Side Leaning Lateral Raise	Shoulders			
	297 ****	Chest Flys (Flat Bench)	Chest			
	678 ****	Seated Overhead Press	Shoulders			
	224 ***	Preacher Curl on Stability Ball One Arm	Biceps			



One Rep Ma						
Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	674 ★★★★	Seated Front Press Double Arms 1.5's	Shoulders			
	234 ★★	Reverse Dumbbell Curl	Biceps			
	645 ★★★	Incline Rear Raise on Stability Ball	Shoulders			
	181 ★★★	Barbell Curl Wide Grip	Biceps			
	113 ★★★	Dumbbell Rows Both Arms	Back			
	738 ★★★★	Seated Overhead Extensions One Arm	Triceps			—
	134 ****	One Arm Row	Back			
	716 ****	Flat Bench Barbell Tricep Extensions	Triceps			
	83 ****	Barbell Rows	Back			
	721 ****	Kickbacks One Arm	Triceps			
	133 ****	One Arm Horizontal Row	Back			
	108 ★★★★	Deadlifts	Back			
	703 ★★★	Close Grip Bench Press	Triceps			



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Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	737 ★★★	Seated Overhead Extensions Both Arms	Triceps			
	739 ★★★	Side Leaning One Arm Overhead Extensions on Ball	Triceps			
	720 ★★★★	Kickbacks Double Arm	Triceps			
	712 ****	Cross Body Kickbacks	Triceps			
	470 ★★★	One Leg Elevated Lunges	Legs			
	393 ***	Deadlifts Wide Stance	Legs			
	474 ★★	One Leg Slide Back Lunges with Paper Plate	Legs			
	494 ★★	Side Slide Lunges with Paper Plate	Legs			
	516 ★★★★	Squats	Legs/Squat Rack			
	402 ★★★	Front Lunge Same Leg	Legs			
	532 ★★★	Stiff Legged Deadlift on Platform	Legs			
	436 ★★	Lateral Step Ups	Legs			



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Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	519 ***	Squats Narrow Stance	Legs		_	_
	695 ★★ ★	Standing Upright Rows	Shoulders			
	177 ★★★	Alternating Standing Curls	Biceps			
	182 ★★★	Barbell Curls with Band Attached	Biceps			
	196 ****	Hammer Curl Double Arm	Biceps			
	690 ***	Standing Barbell Front Press 21's	Shoulders			
	717 ★★★	Flat Bench Dumbbell Tricep Extensions	Triceps			
	140 ★★★	Pull Overs	Back			
	110 ★★★	Double Arm Row Horizontal	Back			
	377 ★★	Alternating 45 Degree Front Lunge	Legs			
	445 ★★	Leg Press	Legs			
	473 ★	One Leg Sit 'n' Stands	Legs			



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Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	459 ★	Low Pulse Lunges	Legs			_
	372 ★★	45 Degree Lunge Same Leg	Legs			
	523 ★	Static Low End Lunge Same Leg 3/1 Count	Legs			
	694 ★★★	Standing Overhead Press Both Arms	Shoulders			
	692 ★★★	Standing Front Raise	Shoulders			
	245 ★★ ★	Seated Incline Hammer Curls Both Arms	Biceps			
	236 ★★★	Seated Isolation Barbell Curls	Biceps			
	298 ★★★	Chest Flys on Stability Ball	Chest			
	650 ★	Lateral Side to Front Combo	Shoulders			
	162 ★★★	Straight Arm Flys Prone on Incline Bench	Back			
	144 ★	Scapular Retractions	Back			
	472 ★	One Leg Sit 'n' Slide with Paper Plate	Legs			



One Rep Ma	x Chart					
Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	490 ★★	Side Lunge Onto Six Inch High Step	Legs		_	
	478 ★★★	Plié Squats Alternating Hand	Legs			
	468 ★	One Leg Deadlift (Toes Elevated) 3/1 Count	Legs			
90	252 ****	Standing Dumbbell Curl	Biceps			_
	647 ★★★	Incline Side Raise on Stability Ball	Shoulders			
	223 ★★★	Preacher Curl on Stability Ball Double Arm	Biceps			
	319 ****	Flat Bench Press	Chest			
	324 ★★★★	Incline Bench Press	Chest			
	675 ★★★	Seated Front Press Alternating Arms (Elbows Forward)	Shoulders			
	673 ★★★	Seated Front Press	Shoulders			
	620 ★★	Alternating One Arm Standing Lateral Raise	Shoulders			
	618 ****	Seated Lateral Raise Both Arms	Shoulders			
	679 ****	Seated Rear Delts	Shoulders			



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Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	524 ★★★★	Static Lunge	Legs/Squat Rack			
	264 ★	Calf Raises	Legs			_
	235 ★★★	Seated Alternating Curl	Biceps			
	328 ★★★	Incline Fly (Rotate Pinky In)	Chest			
	693 ★★★★	Standing Lateral Raise	Shoulders			
	715 ★★	Double Arm Overhead Extension on Ball	Triceps			
	135 ★★★	One Legged Deadlifts	Back			
	237 ****	Seated Concentration Curls	Biceps			
	205 ★★★	Incline Curls Both Arms Rotate at Top	Biceps			
	458 ★★	Low Plane Lunges	Legs			_
	489 ★	Side Lunge	Legs			
	383 ★★	Back Lunge	Legs		_	



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	504 ★	Sit 'n' Stands	Legs			
	204 ★★★	Incline Curls	Biceps			
	526 ★★	Step Up with Hand Weights	Legs			
	389 ★★★	Close Stance One Leg Squats	Legs			
	395 ★	Drop Side Lunge onto Step	Legs			
	384 ★	Back Lunge Alternating Off Step	Legs			
	394 ★	Drop Side Lunge on Floor into Leg Abduction	Legs			
	378 ★★	Alternating Front Lunge	Legs			
	381 ★★	Alternating Side Lunge	Legs			
	457 ★	Low Lunge/Squat Combo	Legs			
	531 ****	Stiff Legged Deadlift	Legs/Squat Rack			
	404 ★★★★	Front Squat	Legs/Squat Rack			