

**Weight Selection Chart Week #10**

|       | 10x8x8x8 |     |     |     |
|-------|----------|-----|-----|-----|
| Sets> | 1        | 2   | 3   | 4   |
| Reps> | 10       | 8   | 8   | 8   |
|       | 50%      | 75% | 75% | 75% |
| 1RM   |          |     |     |     |
| 10    | 5        | 10  | 10  | 10  |
| 15    | 10       | 10  | 10  | 10  |
| 20    | 10       | 15  | 15  | 15  |
| 25    | 10       | 20  | 20  | 20  |
| 30    | 15       | 20  | 20  | 20  |
| 35    | 20       | 25  | 25  | 25  |
| 40    | 20       | 30  | 30  | 30  |
| 45    | 25       | 35  | 35  | 35  |
| 50    | 25       | 40  | 40  | 40  |
| 55    | 25       | 40  | 40  | 40  |
| 60    | 30       | 45  | 45  | 45  |
| 65    | 30       | 50  | 50  | 50  |
| 70    | 35       | 50  | 50  | 50  |
| 75    | 35       | 55  | 55  | 55  |
| 80    | 40       | 60  | 60  | 60  |
| 85    | 40       | 65  | 65  | 65  |
| 90    | 45       | 70  | 70  | 70  |
| 95    | 45       | 70  | 70  | 70  |
| 100   | 50       | 75  | 75  | 75  |
| 105   | 50       | 80  | 80  | 80  |
| 110   | 55       | 85  | 85  | 85  |
| 115   | 55       | 85  | 85  | 85  |
| 120   | 60       | 90  | 90  | 90  |
| 125   | 60       | 95  | 95  | 95  |
| 130   | 65       | 100 | 100 | 100 |
| 135   | 65       | 100 | 100 | 100 |
| 140   | 70       | 105 | 105 | 105 |
| 145   | 70       | 110 | 110 | 110 |
| 150   | 75       | 115 | 115 | 115 |
| 155   | 75       | 115 | 115 | 115 |
| 160   | 80       | 120 | 120 | 120 |
| 165   | 80       | 125 | 125 | 125 |
| 170   | 85       | 130 | 130 | 130 |
| 175   | 85       | 130 | 130 | 130 |
| 180   | 90       | 135 | 135 | 135 |
| 185   | 90       | 140 | 140 | 140 |
| 190   | 95       | 145 | 145 | 145 |
| 195   | 95       | 145 | 145 | 145 |
| 200   | 100      | 150 | 150 | 150 |
| 205   | 100      | 155 | 155 | 155 |
| 210   | 105      | 160 | 160 | 160 |
| 215   | 105      | 160 | 160 | 160 |
| 220   | 110      | 165 | 165 | 165 |
| 225   | 110      | 170 | 170 | 170 |
| 230   | 115      | 175 | 175 | 175 |
| 235   | 115      | 175 | 175 | 175 |
| 240   | 120      | 180 | 180 | 180 |
| 245   | 120      | 185 | 185 | 185 |
| 250   | 125      | 190 | 190 | 190 |
| 255   | 125      | 190 | 190 | 190 |
| 260   | 130      | 195 | 195 | 195 |
| 265   | 130      | 200 | 200 | 200 |
| 270   | 135      | 205 | 205 | 205 |
| 275   | 135      | 205 | 205 | 205 |
| 280   | 140      | 210 | 210 | 210 |

|       | 10x8x8x8 |     |     |     |
|-------|----------|-----|-----|-----|
| Sets> | 1        | 2   | 3   | 4   |
| Reps> | 10       | 8   | 8   | 8   |
|       | 50%      | 75% | 75% | 75% |
| 1RM   |          |     |     |     |
| 285   | 140      | 215 | 215 | 215 |
| 290   | 145      | 220 | 220 | 220 |
| 295   | 145      | 220 | 220 | 220 |
| 300   | 150      | 225 | 225 | 225 |
| 305   | 150      | 230 | 230 | 230 |
| 310   | 155      | 235 | 235 | 235 |
| 315   | 155      | 235 | 235 | 235 |
| 320   | 160      | 240 | 240 | 240 |
| 325   | 160      | 245 | 245 | 245 |
| 330   | 165      | 250 | 250 | 250 |
| 335   | 165      | 250 | 250 | 250 |
| 340   | 170      | 255 | 255 | 255 |
| 345   | 170      | 260 | 260 | 260 |
| 350   | 175      | 265 | 265 | 265 |
| 355   | 175      | 265 | 265 | 265 |
| 360   | 180      | 270 | 270 | 270 |
| 365   | 180      | 275 | 275 | 275 |
| 370   | 185      | 280 | 280 | 280 |
| 375   | 185      | 280 | 280 | 280 |
| 380   | 190      | 285 | 285 | 285 |
| 385   | 190      | 290 | 290 | 290 |
| 390   | 195      | 295 | 295 | 295 |
| 395   | 195      | 295 | 295 | 295 |
| 400   | 200      | 300 | 300 | 300 |
| 405   | 200      | 305 | 305 | 305 |
| 410   | 205      | 310 | 310 | 310 |
| 415   | 205      | 310 | 310 | 310 |
| 420   | 210      | 315 | 315 | 315 |
| 425   | 210      | 320 | 320 | 320 |
| 430   | 215      | 325 | 325 | 325 |
| 435   | 215      | 325 | 325 | 325 |
| 440   | 220      | 330 | 330 | 330 |
| 445   | 220      | 335 | 335 | 335 |
| 450   | 225      | 340 | 340 | 340 |
| 455   | 225      | 340 | 340 | 340 |
| 460   | 230      | 345 | 345 | 345 |
| 465   | 230      | 350 | 350 | 350 |
| 470   | 235      | 355 | 355 | 355 |
| 475   | 235      | 355 | 355 | 355 |
| 480   | 240      | 360 | 360 | 360 |
| 485   | 240      | 365 | 365 | 365 |
| 490   | 245      | 370 | 370 | 370 |
| 495   | 245      | 370 | 370 | 370 |
| 500   | 250      | 375 | 375 | 375 |
| 505   | 250      | 380 | 380 | 380 |
| 510   | 255      | 380 | 380 | 380 |
| 515   | 255      | 385 | 385 | 385 |
| 520   | 260      | 390 | 390 | 390 |
| 525   | 260      | 395 | 395 | 395 |
| 530   | 265      | 400 | 400 | 400 |
| 535   | 265      | 400 | 400 | 400 |
| 540   | 270      | 405 | 405 | 405 |
| 545   | 270      | 410 | 410 | 410 |
| 550   | 275      | 410 | 410 | 410 |