

How to Find Your 1RM



Are you someone who is looking to complete CalAesthetics Beast Mode Plan B? Before you go ahead and do that, I have to help you discover your 1 RM (repetition maximum). Meaning, when you Back Squat and Bench Press within this program, what amount of weight do you think you can only do once? Well that is why I have brought you this guide – to figure that out!

** First off, NEVER max out without someone spotting you. Spotting is someone who is carefully watching and assisting you during your movement.*

I would like for you to choose the category that suits you best below:

B. I have to test my max again:

Since you already have an idea of what your old max is or have already tested it previously, this should be a simple process! You can go ahead and follow the protocol below to test your 1RM.

Bench Press & Squat:

1. Follow my lower body and shoulder mobility warm up
2. Complete 10 repetitions at 50% 1RM., then rest 2 minutes
3. Complete 5 repetitions at 70% 1RM., then rest 2 minutes and 30 seconds
4. Complete 3 repetitions at 80% 1RM., then rest 3 – 5 minutes
5. Complete 1 repetition at 90% 1RM., then rest 3 – 5 minutes
6. Attempt 1 RM up to three different times, with 3 – 5 minute rest in between
7. CONGRATULATIONS! You have your 1 RM and may begin Plan B program!

A. I have no clue what my max weight is:

Do you trust me? Good, because I am going to guide you on how to find your 1 RM before starting my Plan B program!

As you have learned, there are two programs within CalAesthetics Beast Mode: Plan A (you choose your own weights for all of the exercises) and Plan B (I created %'s of your 1RM you must follow for your compound lifts each day – BB (Barbell) Bench Press & BB (Barbell) Back Squat). Now, if you are someone who has no clue what your max is or has never maxed out before, then follow the guide below:

Step 1: Follow the “Plan A” program for 2 to 3 weeks, test out different ranges of weight on the barbell and dumbbells for each exercise.

Step 2: After that 2 to 3 week of training, rest 3-4 days

Step 3: After your rest days, test your BB (Barbell) Bench Press & BB (Barbell) Back Squat

Bench Press

1. Follow my shoulder mobility warm up
2. I want you to start off with a weight that is VERY easy for you, complete 5-7 repetitions, then rest for 2 Minutes
3. Next, add about 20-30 lbs. (or something that is a little heavier than the previous weight) and complete 3-5 repetitions, then rest for 2 Minutes & 30 Seconds
4. Now you want the weight to be even heavier, not your max, but something you know you can do for 3 reps pretty moderately (from testing the week prior)... complete 3 repetitions, then rest for 3 – 5 Minutes
5. You are getting closer to your max, that means I want you to place a moderate to heavy weight on the bar that you KNOW you can do for 3-5 repetitions and ONLY DO IT 1 TIME. Rest 3-5 minutes.
6. The time is here... this is when you will start to test for your 1 RM. Add 10-20 lbs. to the bar and attempt 1 repetition. If it was extremely hard, that is most likely your max and you can use that number for the Plan B workout program. If it felt smooth, rest 5 minutes and move onto bullet #7.
7. Add 5-10 lbs. to the previous attempt and continue to add 5-10 lbs. following bullet #6 until you feel content with the weight you have maxed out at
8. Congratulations on finding your 1 RM (Rep Max) you may begin Plan B now!

Back Squat

1. Follow my lower body mobility warm up
2. I want you to start off with a weight that is VERY easy for you, complete 7- 9 repetitions, then rest for 2 Minutes
3. Next, add about 20-30 lbs. (or something that is a little heavier than the previous weight) and complete 5 repetitions, then rest for 2 Minutes & 30 Seconds
4. Now you want the weight to be even heavier, not your max, but something you know you can do for 3 reps pretty moderately (from testing the week prior)... complete 3 repetitions, then rest for 3 – 5 Minutes
5. You are getting closer to your max, that means I want you to place a moderate to heavy weight on the bar that you KNOW you can do for 3-5 repetitions and ONLY DO IT 1 TIME. Rest 3-5 minutes.

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8. Congratulations on finding your 1 RM (Rep Max) you may begin Plan B now!