

Krafttrainings-Tabelle

Maximalkraft						Schnellkraft				Kraftausdauer				
Intramuskuläre Koord.			Muskelquerschnitt				Schnellkraft				Allg.Kräftigung/Circuit/Stabilisat.			
1-5 Serien à 1-6 Wdh			3-6 Serien à 8-12 Wdh langsam				1-3 Serien à 5-10 Wdh explosiv				1-6 Serien à 10-30 Wdh			
Last 100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	45%	40%	35%	30%
h1RM	3x	4-5x	6x	8x	10x	12x	(13x	15x	17x	19x)				
250	237.50	225.00	212.50	200.00	187.50	175.00	162.50	150.00	137.50	125.00	112.50	100.00	87.50	75.00
245	232.75	220.50	208.25	196.00	183.75	171.50	159.25	147.00	134.75	122.50	110.25	98.00	85.75	73.50
240	228.00	216.00	204.00	192.00	180.00	168.00	156.00	144.00	132.00	120.00	108.00	96.00	84.00	72.00
235	223.25	211.50	199.75	188.00	176.25	164.50	152.75	141.00	129.25	117.50	105.75	94.00	82.25	70.50
230	218.50	207.00	195.50	184.00	172.50	161.00	149.50	138.00	126.50	115.00	103.50	92.00	80.50	69.00
225	213.75	202.50	191.25	180.00	168.75	157.50	146.25	135.00	123.75	112.50	101.25	90.00	78.75	67.50
220	209.00	198.00	187.00	176.00	165.00	154.00	143.00	132.00	121.00	110.00	99.00	88.00	77.00	66.00
215	204.25	193.50	182.75	172.00	161.25	150.50	139.75	129.00	118.25	107.50	96.75	86.00	75.25	64.50
210	199.50	189.00	178.50	168.00	157.50	147.00	136.50	126.00	115.50	105.00	94.50	84.00	73.50	63.00
205	194.75	184.50	174.25	164.00	153.75	143.50	133.25	123.00	112.75	102.50	92.25	82.00	71.75	61.50
200	190.00	180.00	170.00	160.00	150.00	140.00	130.00	120.00	110.00	100.00	90.00	80.00	70.00	60.00
195	185.25	175.50	165.75	156.00	146.25	136.50	126.75	117.00	107.25	97.50	87.75	78.00	68.25	58.50
190	180.50	171.00	161.50	152.00	142.50	133.00	123.50	114.00	104.50	95.00	85.50	76.00	66.50	57.00
185	175.75	166.50	157.25	148.00	138.75	129.50	120.25	111.00	101.75	92.50	83.25	74.00	64.75	55.50
180	171.00	162.00	153.00	144.00	135.00	126.00	117.00	108.00	99.00	90.00	81.00	72.00	63.00	54.00
175	166.25	157.50	148.75	140.00	131.25	122.50	113.75	105.00	96.25	87.50	78.75	70.00	61.25	52.50
170	161.50	153.00	144.50	136.00	127.50	119.00	110.50	102.00	93.50	85.00	76.50	68.00	59.50	51.00
165	156.75	148.50	140.25	132.00	123.75	115.50	107.25	99.00	90.75	82.50	74.25	66.00	57.75	49.50
160	152.00	144.00	136.00	128.00	120.00	112.00	104.00	96.00	88.00	80.00	72.00	64.00	56.00	48.00
155	147.25	139.50	131.75	124.00	116.25	108.50	100.75	93.00	85.25	77.50	69.75	62.00	54.25	46.50
150	142.50	135.00	127.50	120.00	112.50	105.00	97.50	90.00	82.50	75.00	67.50	60.00	52.50	45.00
145	137.75	130.50	123.25	116.00	108.75	101.50	94.25	87.00	79.75	72.50	65.25	58.00	50.75	43.50
140	133.00	126.00	119.00	112.00	105.00	98.00	91.00	84.00	77.00	70.00	63.00	56.00	49.00	42.00
135	128.25	121.50	114.75	108.00	101.25	94.50	87.75	81.00	74.25	67.50	60.75	54.00	47.25	40.50
130	123.50	117.00	110.50	104.00	97.50	91.00	84.50	78.00	71.50	65.00	58.50	52.00	45.50	39.00
125	118.75	112.50	106.25	100.00	93.75	87.50	81.25	75.00	68.75	62.50	56.25	50.00	43.75	37.50
120	114.00	108.00	102.00	96.00	90.00	84.00	78.00	72.00	66.00	60.00	54.00	48.00	42.00	36.00
115	109.25	103.50	97.75	92.00	86.25	80.50	74.75	69.00	63.25	57.50	51.75	46.00	40.25	34.50
110	104.50	99.00	93.50	88.00	82.50	77.00	71.50	66.00	60.50	55.00	49.50	44.00	38.50	33.00
105	99.75	94.50	89.25	84.00	78.75	73.50	68.25	63.00	57.75	52.50	47.25	42.00	36.75	31.50
100	95.00	90.00	85.00	80.00	75.00	70.00	65.00	60.00	55.00	50.00	45.00	40.00	35.00	30.00
95	90.25	85.50	80.75	76.00	71.25	66.50	61.75	57.00	52.25	47.50	42.75	38.00	33.25	28.50
90	85.50	81.00	76.50	72.00	67.50	63.00	58.50	54.00	49.50	45.00	40.50	36.00	31.50	27.00
85	80.75	76.50	72.25	68.00	63.75	59.50	55.25	51.00	46.75	42.50	38.25	34.00	29.75	25.50
80	76.00	72.00	68.00	64.00	60.00	56.00	52.00	48.00	44.00	40.00	36.00	32.00	28.00	24.00
75	71.25	67.50	63.75	60.00	56.25	52.50	48.75	45.00	41.25	37.50	33.75	30.00	26.25	22.50
70	66.50	63.00	59.50	56.00	52.50	49.00	45.50	42.00	38.50	35.00	31.50	28.00	24.50	21.00
65	61.75	58.50	55.25	52.00	48.75	45.50	42.25	39.00	35.75	32.50	29.25	26.00	22.75	19.50
60	57.00	54.00	51.00	48.00	45.00	42.00	39.00	36.00	33.00	30.00	27.00	24.00	21.00	18.00
55	52.25	49.50	46.75	44.00	41.25	38.50	35.75	33.00	30.25	27.50	24.75	22.00	19.25	16.50
50	47.50	45.00	42.50	40.00	37.50	35.00	32.50	30.00	27.50	25.00	22.50	20.00	17.50	15.00
45	42.75	40.50	38.25	36.00	33.75	31.50	29.25	27.00	24.75	22.50	20.25	18.00	15.75	13.50
40	38.00	36.00	34.00	32.00	30.00	28.00	26.00	24.00	22.00	20.00	18.00	16.00	14.00	12.00
35	33.25	31.50	29.75	28.00	26.25	24.50	22.75	21.00	19.25	17.50	15.75	14.00	12.25	10.50
30	28.50	27.00	25.50	24.00	22.50	21.00	19.50	18.00	16.50	15.00	13.50	12.00	10.50	9.00
25	23.75	22.50	21.25	20.00	18.75	17.50	16.25	15.00	13.75	12.50	11.25	10.00	8.75	7.50
20	19.00	18.00	17.00	16.00	15.00	14.00	13.00	12.00	11.00	10.00	9.00	8.00	7.00	6.00

1RM = 1 repetition maximum: Die Tabelle des h1RM eignet sich für Basisübungen wie Kniebeugen, Bankdrücken, usw.