



RPE Chart

Percentage of your 1RM by reps and RPE

rpecalc.app

Reps	RPE 10	RPE 9.5	RPE 9	RPE 8.5	RPE 8	RPE 7.5	RPE 7	RPE 6.5	RPE 6
1	100.0%	97.8%	95.5%	93.9%	92.2%	90.7%	89.2%	87.8%	86.3%
2	95.5%	93.9%	92.2%	90.7%	89.2%	87.8%	86.3%	85.0%	83.7%
3	92.2%	90.7%	89.2%	87.8%	86.3%	85.0%	83.7%	82.4%	81.1%
4	89.2%	87.8%	86.3%	85.0%	83.7%	82.4%	81.1%	79.9%	78.6%
5	86.3%	85.0%	83.7%	82.4%	81.1%	79.9%	78.6%	77.4%	76.2%
6	83.7%	82.4%	81.1%	79.9%	78.6%	77.4%	76.2%	75.1%	73.9%
7	81.1%	79.9%	78.6%	77.4%	76.2%	75.1%	73.9%	72.3%	70.7%
8	78.6%	77.4%	76.2%	75.1%	73.9%	72.3%	70.7%	69.4%	68.0%
9	76.2%	75.1%	73.9%	72.3%	70.7%	69.4%	68.0%	66.7%	65.3%
10	73.9%	72.3%	70.7%	69.4%	68.0%	66.7%	65.3%	64.0%	62.6%

RPE 10 — no reps left

RPE 9 — 1 rep in reserve

RPE 8 — 2 reps in reserve

RPE 7 — 3 reps in reserve

RPE 6 — 4 reps in reserve

Find your estimated 1RM: divide the weight you lifted by the percentage in the chart. Example — 5 reps @ RPE 8 = 81.1% → $150 \text{ kg} \div 0.811 \approx 185 \text{ kg e1RM}$.

Find your next weight: multiply your 1RM by the percentage for your target reps and RPE. Example — 3 reps @ RPE 8 = 86.3% → $185 \text{ kg} \times 0.863 \approx 160 \text{ kg}$.