	1	2	3	4	5	6	7	8	9	10
10	100%	96%	92%	89%	86%	84%	81%	79%	76%	74%
9.5	98%	94%	91%	88%	85%	82%	80%	77%	75%	72%
9	96%	92%	89%	86%	84%	81%	79%	76%	74%	71%
8.5	94%	91%	88%	85%	82%	80%	77%	75%	72%	69%
8	92%	89%	86%	84%	81%	79%	76%	74%	71%	68%
7.5	91%	88%	85%	82%	80%	77%	75%	72%	69%	67%
7	89%	86%	84%	81%	79%	76%	74%	71%	68%	65%
6.5	88%	85%	82%	80%	77%	75%	72%	69%	67%	64%

This is a revised RPE chart based off of all the most current data available. It may not be completely accurate for you, but it is probably more accurate than the previous standard chart.

1) Find today's scheduled workout

2) Go to the chart above and look up the Rep/RPE numbers for the last time you did today's exercises. Find the percentage.

3) Divide the weight you used by the percentage -- this is your ESTIMATED 1RM.

4) Find today's top set (the heaviest set of the day). Look up the Rep/RPE numbers in the chart above.

5) Multiply your estimated 1RM by **today's** percentage -- this is your target weight for today. This is the weight you should be aiming at (or beating) in today's training. Obviously, this will be for your top set of the day.

Note: This is only a rough estimate. Use your head and keep to the protocols as they are written. If the protocol calls for x3 @9, adjust the weight as needed to make sure you get as close to @9 as possible. This only gives you a target weight.