

スクワット・デッドリフト MAX換算表

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 40 | 42 | 44 | 45 | 46 | 47 | 48 | 50 | 51 | 52 | 53 | 54 |
| 42.5 | 45 | 46 | 48 | 49 | 50 | 51 | 53 | 54 | 55 | 57 | 58 |
| 45 | 48 | 49 | 50 | 52 | 53 | 54 | 56 | 57 | 59 | 60 | 61 |
| 47.5 | 50 | 52 | 53 | 55 | 56 | 57 | 59 | 60 | 62 | 63 | 65 |
| 50 | 53 | 55 | 56 | 58 | 59 | 61 | 62 | 64 | 65 | 67 | 68 |
| 52.5 | 56 | 57 | 59 | 60 | 62 | 64 | 65 | 67 | 68 | 70 | 71 |
| 55 | 58 | 60 | 62 | 63 | 65 | 67 | 68 | 70 | 72 | 73 | 75 |
| 57.5 | 61 | 63 | 64 | 66 | 68 | 70 | 71 | 73 | 75 | 76 | 78 |
| 60 | 64 | 65 | 67 | 69 | 71 | 73 | 74 | 76 | 78 | 80 | 82 |
| 62.5 | 66 | 68 | 70 | 72 | 74 | 76 | 78 | 79 | 81 | 83 | 85 |
| 65 | 69 | 71 | 73 | 75 | 77 | 79 | 81 | 83 | 85 | 86 | 88 |
| 67.5 | 72 | 74 | 76 | 78 | 80 | 82 | 84 | 86 | 88 | 90 | 92 |
| 70 | 74 | 76 | 78 | 81 | 83 | 85 | 87 | 89 | 91 | 93 | 95 |
| 72.5 | 77 | 79 | 81 | 83 | 86 | 88 | 90 | 92 | 94 | 96 | 99 |
| 75 | 80 | 82 | 84 | 86 | 89 | 91 | 93 | 95 | 98 | 100 | 102 |
| 77.5 | 82 | 84 | 87 | 89 | 91 | 94 | 96 | 98 | 101 | 103 | 105 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 80 | 85 | 87 | 90 | 92 | 94 | 97 | 99 | 102 | 104 | 106 | 109 |
| 82.5 | 87 | 90 | 92 | 95 | 97 | 100 | 102 | 105 | 107 | 110 | 112 |
| 85 | 90 | 93 | 95 | 98 | 100 | 103 | 105 | 108 | 111 | 113 | 116 |
| 87.5 | 93 | 95 | 98 | 101 | 103 | 106 | 109 | 111 | 114 | 116 | 119 |
| 90 | 95 | 98 | 101 | 104 | 106 | 109 | 112 | 114 | 117 | 120 | 122 |
| 92.5 | 98 | 101 | 104 | 106 | 109 | 112 | 115 | 118 | 120 | 123 | 126 |
| 95 | 101 | 104 | 106 | 109 | 112 | 115 | 118 | 121 | 124 | 126 | 129 |
| 97.5 | 103 | 106 | 109 | 112 | 115 | 118 | 121 | 124 | 127 | 130 | 133 |
| 100 | 106 | 109 | 112 | 115 | 118 | 121 | 124 | 127 | 130 | 133 | 136 |
| 102.5 | 109 | 112 | 115 | 118 | 121 | 124 | 127 | 130 | 133 | 136 | 139 |
| 105 | 111 | 114 | 118 | 121 | 124 | 127 | 130 | 133 | 137 | 140 | 143 |
| 107.5 | 114 | 117 | 120 | 124 | 127 | 130 | 133 | 137 | 140 | 143 | 146 |
| 110 | 117 | 120 | 123 | 127 | 130 | 133 | 136 | 140 | 143 | 146 | 150 |
| 112.5 | 119 | 123 | 126 | 129 | 133 | 136 | 140 | 143 | 146 | 150 | 153 |
| 115 | 122 | 125 | 129 | 132 | 136 | 139 | 143 | 146 | 150 | 153 | 156 |
| 117.5 | 125 | 128 | 132 | 135 | 139 | 142 | 146 | 149 | 153 | 156 | 160 |

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 120 | 127 | 131 | 134 | 138 | 142 | 145 | 149 | 152 | 156 | 160 | 163 |
| 122.5 | 130 | 134 | 137 | 141 | 145 | 148 | 152 | 156 | 159 | 163 | 167 |
| 125 | 133 | 136 | 140 | 144 | 148 | 151 | 155 | 159 | 163 | 166 | 170 |
| 127.5 | 135 | 139 | 143 | 147 | 150 | 154 | 158 | 162 | 166 | 170 | 173 |
| 130 | 138 | 142 | 146 | 150 | 153 | 157 | 161 | 165 | 169 | 173 | 177 |
| 132.5 | 140 | 144 | 148 | 152 | 156 | 160 | 164 | 168 | 172 | 176 | 180 |
| 135 | 143 | 147 | 151 | 155 | 159 | 163 | 167 | 171 | 176 | 180 | 184 |
| 137.5 | 146 | 150 | 154 | 158 | 162 | 166 | 171 | 175 | 179 | 183 | 187 |
| 140 | 148 | 153 | 157 | 161 | 165 | 169 | 174 | 178 | 182 | 186 | 190 |
| 142.5 | 151 | 155 | 160 | 164 | 168 | 172 | 177 | 181 | 185 | 190 | 194 |
| 145 | 154 | 158 | 162 | 167 | 171 | 175 | 180 | 184 | 189 | 193 | 197 |
| 147.5 | 156 | 161 | 165 | 170 | 174 | 179 | 183 | 187 | 192 | 196 | 201 |
| 150 | 159 | 164 | 168 | 173 | 177 | 182 | 186 | 191 | 195 | 200 | 204 |
| 152.5 | 162 | 166 | 171 | 175 | 180 | 185 | 189 | 194 | 198 | 203 | 207 |
| 155 | 164 | 169 | 174 | 178 | 183 | 188 | 192 | 197 | 202 | 206 | 211 |
| 157.5 | 167 | 172 | 176 | 181 | 186 | 191 | 195 | 200 | 205 | 210 | 214 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 160 | 170 | 174 | 179 | 184 | 189 | 194 | 198 | 203 | 208 | 213 | 218 |
| 162.5 | 172 | 177 | 182 | 187 | 192 | 197 | 202 | 206 | 211 | 216 | 221 |
| 165 | 175 | 180 | 185 | 190 | 195 | 200 | 205 | 210 | 215 | 220 | 224 |
| 167.5 | 178 | 183 | 188 | 193 | 198 | 203 | 208 | 213 | 218 | 223 | 228 |
| 170 | 180 | 185 | 190 | 196 | 201 | 206 | 211 | 216 | 221 | 226 | 231 |
| 172.5 | 183 | 188 | 193 | 198 | 204 | 209 | 214 | 219 | 224 | 229 | 235 |
| 175 | 186 | 191 | 196 | 201 | 207 | 212 | 217 | 222 | 228 | 233 | 238 |
| 177.5 | 188 | 193 | 199 | 204 | 209 | 215 | 220 | 225 | 231 | 236 | 241 |
| 180 | 191 | 196 | 202 | 207 | 212 | 218 | 223 | 229 | 234 | 239 | 245 |
| 182.5 | 193 | 199 | 204 | 210 | 215 | 221 | 226 | 232 | 237 | 243 | 248 |
| 185 | 196 | 202 | 207 | 213 | 218 | 224 | 229 | 235 | 241 | 246 | 252 |
| 187.5 | 199 | 204 | 210 | 216 | 221 | 227 | 233 | 238 | 244 | 249 | 255 |
| 190 | 201 | 207 | 213 | 219 | 224 | 230 | 236 | 241 | 247 | 253 | 258 |
| 192.5 | 204 | 210 | 216 | 221 | 227 | 233 | 239 | 245 | 250 | 256 | 262 |
| 195 | 207 | 213 | 218 | 224 | 230 | 236 | 242 | 248 | 254 | 259 | 265 |
| 197.5 | 209 | 215 | 221 | 227 | 233 | 239 | 245 | 251 | 257 | 263 | 269 |
| 200 | 212 | 218 | 224 | 230 | 236 | 242 | 248 | 254 | 260 | 266 | 272 |

最大举上重量 = 重量 × 回数 ÷ 33.3 + 重量