

RANGE OF MOTION BAR DIP TEST IF WEIGHT ADDED FOR 1RM



Find the number that corresponds with your bodyweight, and the amount of weight you added for your one rep max. **If it's a negative number:** Use that many millimetres of band assistance for your 60s max unbroken. Your score is 70% of your one rep max testing result, times the number of reps you completed. **If it's a positive number:** Add that much weight for your 60s max unbroken. Your score is 70% of your one rep max testing result, times the number of reps you completed. Full description at <https://rangeofmotion.net.au/range-of-motion-relative-strength-and-stamina-testing/>

		WEIGHT ADDED FOR ONE REP MAX																																					
		0	3	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60	63	66	69	72	75	78	81	84	87	90	93	96	99	102	105	108	111
BODYWEIGHT	30	-6	-5	-3	-2	0	2	4	6	8	10	12	14	16	18	20	23	25	27	29	31	33	35	37	39	41	44	46	48	50	52	54	56	58	60	62	65	67	69
	33	-7	-5	-4	-3	-1	1	3	5	7	9	11	13	15	17	20	22	24	26	28	30	32	34	36	38	41	43	45	47	49	51	53	55	57	59	62	64	66	68
	36	-8	-6	-5	-3	-2	0	2	4	6	8	10	12	14	17	19	21	23	25	27	29	31	33	35	38	40	42	44	46	48	50	52	54	56	59	61	63	65	67
	39	-8	-7	-5	-4	-2	-1	1	3	5	7	9	11	14	16	18	20	22	24	26	28	30	32	35	37	39	41	43	45	47	49	51	53	56	58	60	62	64	66
	42	-9	-7	-6	-4	-3	-1	0	2	4	6	8	11	13	15	17	19	21	23	25	27	29	32	34	36	38	40	42	44	46	48	50	53	55	57	59	61	63	65
	45	-9	-8	-7	-5	-4	-2	-1	1	3	5	8	10	12	14	16	18	20	22	24	26	29	31	33	35	37	39	41	43	45	47	50	52	54	56	58	60	62	64
	48	-10	-9	-7	-6	-4	-3	-1	0	2	5	7	9	11	13	15	17	19	21	23	26	28	30	32	34	36	38	40	42	44	47	49	51	53	55	57	59	61	63
	51	-11	-9	-8	-6	-5	-3	-2	0	2	4	6	8	10	12	14	16	18	20	23	25	27	29	31	33	35	37	39	41	44	46	48	50	52	54	56	58	60	62
	54	-11	-10	-8	-7	-5	-4	-3	-1	1	3	5	7	9	11	13	15	17	20	22	24	26	28	30	32	34	36	38	41	43	45	47	49	51	53	55	57	59	62
	57	-12	-11	-9	-8	-6	-5	-3	-2	0	2	4	6	8	10	12	14	17	19	21	23	25	27	29	31	33	35	38	40	42	44	46	48	50	52	54	56	59	61
	60	-13	-11	-10	-8	-7	-5	-4	-2	-1	1	3	5	7	9	11	14	16	18	20	22	24	26	28	30	32	35	37	39	41	43	45	47	49	51	53	56	58	60
	63	-13	-12	-10	-9	-7	-6	-4	-3	-1	0	2	4	6	8	11	13	15	17	19	21	23	25	27	29	32	34	36	38	40	42	44	46	48	50	53	55	57	59
	66	-14	-12	-11	-9	-8	-7	-5	-4	-2	-1	1	3	5	8	10	12	14	16	18	20	22	24	26	29	31	33	35	37	39	41	43	45	47	50	52	54	56	58
	69	-14	-13	-12	-10	-9	-7	-6	-4	-3	-1	0	2	5	7	9	11	13	15	17	19	21	23	26	28	30	32	34	36	38	40	42	44	47	49	51	53	55	57
	72	-15	-14	-12	-11	-9	-8	-6	-5	-3	-2	0	2	4	6	8	10	12	14	16	18	20	23	25	27	29	31	33	35	37	39	41	44	46	48	50	52	54	56
	75	-16	-14	-13	-11	-10	-8	-7	-5	-4	-3	-1	1	3	5	7	9	11	13	15	17	20	22	24	26	28	30	32	34	36	38	41	43	45	47	49	51	53	55
	78	-16	-15	-13	-12	-11	-9	-8	-6	-5	-3	-2	0	2	4	6	8	10	12	14	17	19	21	23	25	27	29	31	33	35	38	40	42	44	46	48	50	52	54
	81	-17	-16	-14	-13	-11	-10	-8	-7	-5	-4	-2	-1	1	3	5	7	9	11	14	16	18	20	22	24	26	28	30	32	35	37	39	41	43	45	47	49	51	53
	84	-18	-16	-15	-13	-12	-10	-9	-7	-6	-4	-3	-1	0	2	4	6	8	11	13	15	17	19	21	23	25	27	29	32	34	36	38	40	42	44	46	48	50	53
	87	-18	-17	-15	-14	-12	-11	-9	-8	-7	-5	-4	-2	-1	1	3	5	8	10	12	14	16	18	20	22	24	26	29	31	33	35	37	39	41	43	45	47	50	52
	90	-19	-17	-16	-14	-13	-12	-10	-9	-7	-6	-4	-3	-1	0	2	5	7	9	11	13	15	17	19	21	23	26	28	30	32	34	36	38	40	42	44	47	49	51
	93	-20	-18	-17	-15	-14	-12	-11	-9	-8	-6	-5	-3	-2	0	2	4	6	8	10	12	14	16	18	20	23	25	27	29	31	33	35	37	39	41	44	46	48	50
	96	-20	-19	-17	-16	-14	-13	-11	-10	-8	-7	-5	-4	-3	-1	1	3	5	7	9	11	13	15	17	20	22	24	26	28	30	32	34	36	38	41	43	45	47	49
	99	-21	-19	-18	-16	-15	-13	-12	-11	-9	-8	-6	-5	-3	-2	0	2	4	6	8	10	12	14	17	19	21	23	25	27	29	31	33	35	38	40	42	44	46	48
	102	-21	-20	-18	-17	-16	-14	-13	-11	-10	-8	-7	-5	-4	-2	-1	1	3	5	7	9	11	14	16	18	20	22	24	26	28	30	32	35	37	39	41	43	45	47
	105	-22	-21	-19	-18	-16	-15	-13	-12	-10	-9	-7	-6	-4	-3	-1	0	2	4	6	8	11	13	15	17	19	21	23	25	27	29	32	34	36	38	40	42	44	46
	108	-23	-21	-20	-18	-17	-15	-14	-12	-11	-9	-8	-7	-5	-4	-2	-1	1	3	5	7	10	12	14	16	18	20	22	24	26	29	31	33	35	37	39	41	43	45
	111	-23	-22	-20	-19	-17	-16	-14	-13	-12	-10	-9	-7	-6	-4	-3	-1	0	2	4	7	9	11	13	15	17	19	21	23	26	28	30	32	34	36	38	40	42	44
	114	-24	-22	-21	-20	-18	-17	-15	-14	-12	-11	-9	-8	-6	-5	-3	-2	0	1	4	6	8	10	12	14	16	18	20	23	25	27	29	31	33	35	37	39	41	44
	117	-25	-23	-22	-20	-19	-17	-16	-14	-13	-11	-10	-8	-7	-5	-4	-3	-1	1	3	5	7	9	11	13	15	17	20	22	24	26	28	30	32	34	36	38	41	43
	120	-25	-24	-22	-21	-19	-18	-16	-15																														

RANGE OF MOTION BAR DIP TEST IF ASSISTANCE USED FOR 1RM



Find the number that corresponds with your bodyweight, and the millimetres of band assistance you needed for your one rep max. This is how many millimetres of band assistance to use for your 60s max unbroken. Your score is 70% of your one rep max testing result, times the number of reps you completed.
Full description at <https://rangeofmotion.net.au/range-of-motion-relative-strength-and-stamina-testing/>

		MILLIMETRES OF BAND ASSISTANCE USED FOR ONE REP MAX																																					
		0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74
BODYWEIGHT	30	-6	-8	-9	-11	-12	-14	-15	-17	-18	-20	-21	-22	-24	-25	-27	-28	-30	-31	-33	-34	-36	-37	-39	-40	-42	-43	-45	-46	-47	-49	-50	-52	-53	-55	-56	-58	-59	-61
	33	-7	-8	-10	-11	-13	-14	-16	-17	-19	-20	-22	-23	-25	-26	-28	-29	-30	-32	-33	-35	-36	-38	-39	-41	-42	-44	-45	-47	-48	-50	-51	-53	-54	-55	-57	-58	-60	-61
	36	-8	-9	-11	-12	-13	-15	-16	-18	-19	-21	-22	-24	-25	-27	-28	-30	-31	-33	-34	-35	-37	-38	-40	-41	-43	-44	-46	-47	-49	-50	-52	-53	-55	-56	-58	-59	-60	-62
	39	-8	-10	-11	-13	-14	-16	-17	-18	-20	-21	-23	-24	-26	-27	-29	-30	-32	-33	-35	-36	-38	-39	-41	-42	-43	-45	-46	-48	-49	-51	-52	-54	-55	-57	-58	-60	-61	-63
	42	-9	-10	-12	-13	-15	-16	-18	-19	-21	-22	-24	-25	-26	-28	-29	-31	-32	-34	-35	-37	-38	-40	-41	-43	-44	-46	-47	-49	-50	-51	-53	-54	-56	-57	-59	-60	-62	-63
	45	-9	-11	-12	-14	-15	-17	-18	-20	-21	-23	-24	-26	-27	-29	-30	-32	-33	-34	-36	-37	-39	-40	-42	-43	-45	-46	-48	-49	-51	-52	-54	-55	-56	-58	-59	-61	-62	-64
	48	-10	-12	-13	-14	-16	-17	-19	-20	-22	-23	-25	-26	-28	-29	-31	-32	-34	-35	-37	-38	-39	-41	-42	-44	-45	-47	-48	-50	-51	-53	-54	-56	-57	-59	-60	-62	-63	-64
	51	-11	-12	-14	-15	-17	-18	-20	-21	-22	-24	-25	-27	-28	-30	-31	-33	-34	-36	-37	-39	-40	-42	-43	-45	-46	-47	-49	-50	-52	-53	-55	-56	-58	-59	-61	-62	-64	-65
	54	-11	-13	-14	-16	-17	-19	-20	-22	-23	-25	-26	-28	-29	-30	-32	-33	-35	-36	-38	-39	-41	-42	-44	-45	-47	-48	-50	-51	-53	-54	-55	-57	-58	-60	-61	-63	-64	-66
	57	-12	-13	-15	-16	-18	-19	-21	-22	-24	-25	-27	-28	-30	-31	-33	-34	-35	-37	-38	-40	-41	-43	-44	-46	-47	-49	-50	-52	-53	-55	-56	-58	-59	-60	-62	-63	-65	-66
	60	-13	-14	-16	-17	-18	-20	-21	-23	-24	-26	-27	-29	-30	-32	-33	-35	-36	-38	-39	-41	-42	-43	-45	-46	-48	-49	-51	-52	-54	-55	-57	-58	-60	-61	-63	-64	-66	-67
	63	-13	-15	-16	-18	-19	-21	-22	-24	-25	-26	-28	-29	-31	-32	-34	-35	-37	-38	-40	-41	-43	-44	-46	-47	-49	-50	-51	-53	-54	-56	-57	-59	-60	-62	-63	-65	-66	-68
	66	-14	-15	-17	-18	-20	-21	-23	-24	-26	-27	-29	-30	-32	-33	-34	-36	-37	-39	-40	-42	-43	-45	-46	-48	-49	-51	-52	-54	-55	-56	-58	-59	-61	-62	-64	-65	-67	-68
	69	-14	-16	-17	-19	-20	-22	-23	-25	-26	-28	-29	-31	-32	-34	-35	-37	-38	-39	-41	-42	-44	-45	-47	-48	-50	-51	-53	-54	-56	-57	-59	-60	-62	-63	-64	-66	-67	-69
	72	-15	-17	-18	-20	-21	-22	-24	-25	-27	-28	-30	-31	-33	-34	-36	-37	-39	-40	-42	-43	-45	-46	-47	-49	-50	-52	-53	-55	-56	-58	-59	-61	-62	-64	-65	-67	-68	-70
	75	-16	-17	-19	-20	-22	-23	-25	-26	-28	-29	-30	-32	-33	-35	-36	-38	-39	-41	-42	-44	-45	-47	-48	-50	-51	-53	-54	-55	-57	-58	-60	-61	-63	-64	-66	-67	-69	-70
	78	-16	-18	-19	-21	-22	-24	-25	-27	-28	-30	-31	-33	-34	-35	-37	-38	-40	-41	-43	-44	-46	-47	-49	-50	-52	-53	-55	-56	-58	-59	-60	-62	-63	-65	-66	-68	-69	-71
	81	-17	-18	-20	-21	-23	-24	-26	-27	-29	-30	-32	-33	-35	-36	-38	-39	-41	-42	-43	-45	-46	-48	-49	-51	-52	-54	-55	-57	-58	-60	-61	-63	-64	-66	-67	-68	-70	-71
	84	-18	-19	-21	-22	-24	-25	-26	-28	-29	-31	-32	-34	-35	-37	-38	-40	-41	-43	-44	-46	-47	-49	-50	-51	-53	-54	-56	-57	-59	-60	-62	-63	-65	-66	-68	-69	-71	-72
	87	-18	-20	-21	-23	-24	-26	-27	-29	-30	-32	-33	-34	-36	-37	-39	-40	-42	-43	-45	-46	-48	-49	-51	-52	-54	-55	-56	-58	-59	-61	-62	-64	-65	-67	-68	-70	-71	-73
	90	-19	-20	-22	-23	-25	-26	-28	-29	-31	-32	-34	-35	-37	-38	-39	-41	-42	-44	-45	-47	-48	-50	-51	-53	-54	-56	-57	-59	-60	-62	-63	-64	-66	-67	-69	-70	-72	-73
	93	-20	-21	-22	-24	-25	-27	-28	-30	-31	-33	-34	-36	-37	-39	-40	-42	-43	-45	-46	-47	-49	-50	-52	-53	-55	-56	-58	-59	-61	-62	-64	-65	-67	-68	-70	-71	-72	-74
	96	-20	-22	-23	-25	-26	-28	-29	-30	-32	-33	-35	-36	-38	-39	-41	-42	-44	-45	-47	-48	-50	-51	-53	-54	-55	-57	-58	-60	-61	-63	-64	-66	-67	-69	-70	-72	-73	-75
	99	-21	-22	-24	-25	-27	-28	-30	-31	-33	-34	-35	-37	-38	-40	-41	-43	-44	-46	-47	-49	-50	-52	-53	-55	-56	-58	-59	-60	-62	-63	-65	-66	-68	-69	-71	-72	-74	-75
	102	-21	-23	-24	-26	-27	-29	-30	-32	-33	-35	-36	-38	-39	-41	-42	-43	-45	-46	-48	-49	-51	-52	-54	-55	-57	-58	-60	-61	-63	-64	-66	-67	-68	-70	-71	-73	-74	-76
	105	-22	-24	-25	-26	-28	-29	-31	-32	-34	-35	-37	-38	-40	-41	-43	-44	-46	-47	-49	-50	-51	-53	-54	-56	-57	-59	-60	-62	-63	-65	-66	-68	-69	-71	-72	-74	-75	-76
	108	-23	-24	-26	-27	-29	-30	-32	-33	-34	-36	-37	-39	-40	-42	-43	-45	-46	-48	-49	-51	-52	-54	-55	-56	-58	-59	-61	-62	-64	-65	-67	-68	-70	-71	-73	-74	-76	-77
	111	-23	-25	-26	-28	-29	-31	-32	-34	-35	-37	-38	-39	-41	-42	-44	-45	-47	-48	-50	-51	-53	-54	-56	-57	-59	-60	-62	-63	-64	-66	-67	-69	-70	-72	-73	-75	-76	-78
	114	-24	-25	-27	-28	-30	-31	-33	-34																														

RANGE OF MOTION CTB PULL-UP TEST IF WEIGHT ADDED FOR 1RM



Find the number that corresponds with your bodyweight, and the amount of weight you added for your one rep max. **If it's a negative number:** Use that many millimetres of band assistance for your 60s max unbroken. Your score is 70% of your one rep max testing result, times the number of reps you completed. **If it's a positive number:** Add that much weight for your 60s max unbroken. Your score is 70% of your one rep max testing result, times the number of reps you completed. Full description at <https://rangeofmotion.net.au/range-of-motion-relative-strength-and-stamina-testing/>

		WEIGHT ADDED FOR ONE REP MAX																																					
		0	3	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60	63	66	69	72	75	78	81	84	87	90	93	96	99	102	105	108	111
BODYWEIGHT	30	-18	-14	-10	-5	-1	2	4	6	8	10	12	14	16	18	20	23	25	27	29	31	33	35	37	39	41	44	46	48	50	52	54	56	58	60	62	65	67	69
	33	-20	-16	-11	-7	-3	1	3	5	7	9	11	13	15	17	20	22	24	26	28	30	32	34	36	38	41	43	45	47	49	51	53	55	57	59	62	64	66	68
	36	-22	-17	-13	-9	-5	-1	2	4	6	8	10	12	14	17	19	21	23	25	27	29	31	33	35	38	40	42	44	46	48	50	52	54	56	59	61	63	65	67
	39	-23	-19	-15	-11	-7	-2	1	3	5	7	9	11	14	16	18	20	22	24	26	28	30	32	35	37	39	41	43	45	47	49	51	53	56	58	60	62	64	66
	42	-25	-21	-17	-13	-8	-4	0	2	4	6	8	11	13	15	17	19	21	23	25	27	29	32	34	36	38	40	42	44	46	48	50	53	55	57	59	61	63	65
	45	-27	-23	-19	-14	-10	-6	-2	1	3	5	8	10	12	14	16	18	20	22	24	26	29	31	33	35	37	39	41	43	45	47	50	52	54	56	58	60	62	64
	48	-29	-25	-20	-16	-12	-8	-4	0	2	5	7	9	11	13	15	17	19	21	23	26	28	30	32	34	36	38	40	42	44	47	49	51	53	55	57	59	61	63
	51	-31	-26	-22	-18	-14	-10	-5	-1	2	4	6	8	10	12	14	16	18	20	23	25	27	29	31	33	35	37	39	41	44	46	48	50	52	54	56	58	60	62
	54	-32	-28	-24	-20	-16	-11	-7	-3	1	3	5	7	9	11	13	15	17	20	22	24	26	28	30	32	34	36	38	41	43	45	47	49	51	53	55	57	59	62
	57	-34	-30	-26	-22	-17	-13	-9	-5	-1	2	4	6	8	10	12	14	17	19	21	23	25	27	29	31	33	35	38	40	42	44	46	48	50	52	54	56	59	61
	60	-36	-32	-28	-23	-19	-15	-11	-7	-2	1	3	5	7	9	11	14	16	18	20	22	24	26	28	30	32	35	37	39	41	43	45	47	49	51	53	56	58	60
	63	-38	-34	-29	-25	-21	-17	-13	-8	-4	0	2	4	6	8	11	13	15	17	19	21	23	25	27	29	32	34	36	38	40	42	44	46	48	50	53	55	57	59
	66	-40	-35	-31	-27	-23	-19	-14	-10	-6	-2	1	3	5	8	10	12	14	16	18	20	22	24	26	29	31	33	35	37	39	41	43	45	47	50	52	54	56	58
	69	-41	-37	-33	-29	-25	-20	-16	-12	-8	-4	0	2	5	7	9	11	13	15	17	19	21	23	26	28	30	32	34	36	38	40	42	44	47	49	51	53	55	57
	72	-43	-39	-35	-31	-26	-22	-18	-14	-10	-5	-1	2	4	6	8	10	12	14	16	18	20	23	25	27	29	31	33	35	37	39	41	44	46	48	50	52	54	56
	75	-45	-41	-37	-32	-28	-24	-20	-16	-11	-7	-3	1	3	5	7	9	11	13	15	17	20	22	24	26	28	30	32	34	36	38	41	43	45	47	49	51	53	55
	78	-47	-43	-38	-34	-30	-26	-22	-17	-13	-9	-5	-1	2	4	6	8	10	12	14	17	19	21	23	25	27	29	31	33	35	38	40	42	44	46	48	50	52	54
	81	-49	-44	-40	-36	-32	-28	-23	-19	-15	-11	-7	-2	1	3	5	7	9	11	14	16	18	20	22	24	26	28	30	32	35	37	39	41	43	45	47	49	51	53
	84	-50	-46	-42	-38	-34	-29	-25	-21	-17	-13	-8	-4	0	2	4	6	8	11	13	15	17	19	21	23	25	27	29	32	34	36	38	40	42	44	46	48	50	53
	87	-52	-48	-44	-40	-35	-31	-27	-23	-19	-14	-10	-6	-2	1	3	5	8	10	12	14	16	18	20	22	24	26	29	31	33	35	37	39	41	43	45	47	50	52
	90	-54	-50	-46	-41	-37	-33	-29	-25	-20	-16	-12	-8	-4	0	2	5	7	9	11	13	15	17	19	21	23	26	28	30	32	34	36	38	40	42	44	47	49	51
	93	-56	-52	-47	-43	-39	-35	-31	-26	-22	-18	-14	-10	-5	-1	2	4	6	8	10	12	14	16	18	20	23	25	27	29	31	33	35	37	39	41	44	46	48	50
	96	-58	-53	-49	-45	-41	-37	-32	-28	-24	-20	-16	-11	-7	-3	1	3	5	7	9	11	13	15	17	20	22	24	26	28	30	32	34	36	38	41	43	45	47	49
	99	-59	-55	-51	-47	-43	-38	-34	-30	-26	-22	-17	-13	-9	-5	-1	2	4	6	8	10	12	14	17	19	21	23	25	27	29	31	33	35	38	40	42	44	46	48
	102	-61	-57	-53	-49	-44	-40	-36	-32	-28	-23	-19	-15	-11	-7	-2	1	3	5	7	9	11	14	16	18	20	22	24	26	28	30	32	35	37	39	41	43	45	47
	105	-63	-59	-55	-50	-46	-42	-38	-34	-29	-25	-21	-17	-13	-8	-4	0	2	4	6	8	11	13	15	17	19	21	23	25	27	29	32	34	36	38	40	42	44	46
	108	-65	-61	-56	-52	-48	-44	-40	-35	-31	-27	-23	-19	-14	-10	-6	-2	1	3	5	7	10	12	14	16	18	20	22	24	26	29	31	33	35	37	39	41	43	45
	111	-67	-62	-58	-54	-50	-46	-41	-37	-33	-29	-25	-20	-16	-12	-8	-4	0	2	4	7	9	11	13	15	17	19	21	23	26	28	30	32	34	36	38	40	42	44
	114	-68	-64	-60	-56	-52	-47	-43	-39	-35	-31	-26	-22	-18	-14	-10	-5	-1	1	4	6	8	10	12	14	16	18	20	23	25	27	29	31	33	35	37	39	41	44
	117	-70	-66	-62	-58	-53	-49	-45	-41	-37	-32	-28	-24	-20	-16	-11	-7	-3	1	3	5	7	9	11	13	15	17	20	22	24	26	28	30	32	34	36	38	41	43
	120	-72	-68	-64	-59	-55	-51	-47	-43	-38	-34	-30	-26	-22	-17	-13	-9	-5	-1	2	4	6	8	10	12	14	17	19	21	23	25	27	29	31	33	35	38	40	42
	123	-74	-70	-65	-61	-57	-53	-49	-44	-40	-36	-32	-28	-23	-19	-15	-11	-7	-2	1	3	5	7	9	11	14	16	18	20	22	24	26	28	30	32	35	37	39	41
	126	-76	-71	-67	-63	-59	-55	-50	-46	-42	-38	-34	-29	-25	-21	-17	-13	-8	-4	0	2	4	6	8	11	13	15	17	19	21	23	25	27	29	32	34	36	38	40
	129	-77	-73	-69	-65	-61	-56	-52	-48	-44	-40	-35	-31	-27	-23	-19	-14	-10	-6	-2	1	3	5	8	10	12	14	16	18	20	22	24	26	29	31	33	35	37	39
	132	-79	-75	-71	-67	-62	-58	-54	-50	-46	-41	-37	-33	-29	-25	-20	-16	-12	-8	-4	0	2	5	7	9	11	13	15	17	19	21	23	26	28	30	32	34	36	38
	135	-81	-77	-73	-68	-64	-60	-56	-52	-47	-43	-39	-35	-31	-26	-22	-18	-14	-10	-5	-1	2	4	6	8	10	12	14	16	18	20	23	25	27	29	31	33	35	37
	138	-83	-79	-74	-70	-66	-62	-58	-53	-49	-45	-41	-37	-32	-28	-24	-20	-16	-11	-7	-3	1	3	5	7	9	11	13	15	17	20	22	24	26	28	30	32	34	36
	141	-85	-80	-76	-72	-68	-64	-59	-55	-51	-47	-43	-38	-34	-30	-26	-22	-17	-13	-9	-5	-1	2	4	6	8	10	12	14	17	19	21	23	25	27	29	31	33	35
	144	-86	-82	-78	-74	-70	-65	-61	-57	-53	-49	-44	-40	-36	-32	-28	-23	-19	-15	-11	-7	-2	1	3	5	7	9	11	14	16	18	20	22	24	26	28	30	32	35
	147	-88	-84	-80	-76	-71	-67	-63	-59	-55	-50	-46	-42	-38	-34	-29	-25	-21	-17	-13	-8	-4	0	2	4	6	8	11	13	15	17	19	21	23	25	27	29	32	34
	150	-90	-86	-82	-77	-73	-69	-65	-61	-56	-52	-48	-44	-40	-35	-31	-27	-23	-19	-14	-10	-6	-2	1	3	5	8	10	12	14	16	18	20	22	24	26	29	31	33

RANGE OF MOTION CTB PULL-UP TEST IF ASSISTANCE USED FOR 1RM



Find the number that corresponds with your bodyweight, and the millimetres of band assistance you needed for your one rep max. This is how many millimetres of band assistance to use for your 60s max unbroken. Your score is 70% of your one rep max testing result, times the number of reps you completed.
Full description at <https://rangeofmotion.net.au/range-of-motion-relative-strength-and-stamina-testing/>

		MILLIMETRES OF BAND ASSISTANCE USED FOR ONE REP MAX																																					
		0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74
BODYWEIGHT	30	-18	-19	-21	-22	-24	-25	-26	-28	-29	-31	-32	-33	-35	-36	-38	-39	-40	-42	-43	-45	-46	-47	-49	-50	-52	-53	-54	-56	-57	-59	-60	-61	-63	-64	-66	-67	-68	-70
	33	-20	-21	-23	-24	-25	-27	-28	-30	-31	-32	-34	-35	-37	-38	-39	-41	-42	-44	-45	-46	-48	-49	-51	-52	-53	-55	-56	-58	-59	-60	-62	-63	-65	-66	-67	-69	-70	-72
	36	-22	-23	-24	-26	-27	-29	-30	-31	-33	-34	-36	-37	-38	-40	-41	-43	-44	-45	-47	-48	-50	-51	-52	-54	-55	-57	-58	-59	-61	-62	-64	-65	-66	-68	-69	-71	-72	-73
	39	-23	-25	-26	-28	-29	-30	-32	-33	-35	-36	-37	-39	-40	-42	-43	-44	-46	-47	-49	-50	-51	-53	-54	-56	-57	-58	-60	-61	-63	-64	-65	-67	-68	-70	-71	-72	-74	-75
	42	-25	-27	-28	-29	-31	-32	-34	-35	-36	-38	-39	-41	-42	-43	-45	-46	-48	-49	-50	-52	-53	-55	-56	-57	-59	-60	-62	-63	-64	-66	-67	-69	-70	-71	-73	-74	-76	-77
	45	-27	-28	-30	-31	-33	-34	-35	-37	-38	-40	-41	-42	-44	-45	-47	-48	-49	-51	-52	-54	-55	-56	-58	-59	-61	-62	-63	-65	-66	-68	-69	-70	-72	-73	-75	-76	-77	-79
	48	-29	-30	-32	-33	-34	-36	-37	-39	-40	-41	-43	-44	-46	-47	-48	-50	-51	-53	-54	-55	-57	-58	-60	-61	-62	-64	-65	-67	-68	-69	-71	-72	-74	-75	-76	-78	-79	-81
	51	-31	-32	-33	-35	-36	-38	-39	-40	-42	-43	-45	-46	-47	-49	-50	-52	-53	-54	-56	-57	-59	-60	-61	-63	-64	-66	-67	-68	-70	-71	-73	-74	-75	-77	-78	-80	-81	-82
	54	-32	-34	-35	-37	-38	-39	-41	-42	-44	-45	-46	-48	-49	-51	-52	-53	-55	-56	-58	-59	-60	-62	-63	-65	-66	-67	-69	-70	-72	-73	-74	-76	-77	-79	-80	-81	-83	-84
	57	-34	-36	-37	-38	-40	-41	-43	-44	-45	-47	-48	-50	-51	-52	-54	-55	-57	-58	-59	-61	-62	-64	-65	-66	-68	-69	-71	-72	-73	-75	-76	-78	-79	-80	-82	-83	-85	-86
	60	-36	-37	-39	-40	-42	-43	-44	-46	-47	-49	-50	-51	-53	-54	-56	-57	-58	-60	-61	-63	-64	-65	-67	-68	-70	-71	-72	-74	-75	-77	-78	-79	-81	-82	-84	-85	-86	-88
	63	-38	-39	-41	-42	-43	-45	-46	-48	-49	-50	-52	-53	-55	-56	-57	-59	-60	-62	-63	-64	-66	-67	-69	-70	-71	-73	-74	-76	-77	-78	-80	-81	-83	-84	-85	-87	-88	-90
	66	-40	-41	-42	-44	-45	-47	-48	-49	-51	-52	-54	-55	-56	-58	-59	-61	-62	-63	-65	-66	-68	-69	-70	-72	-73	-75	-76	-77	-79	-80	-82	-83	-84	-86	-87	-89	-90	-91
	69	-41	-43	-44	-46	-47	-48	-50	-51	-53	-54	-55	-57	-58	-60	-61	-62	-64	-65	-67	-68	-69	-71	-72	-74	-75	-76	-78	-79	-81	-82	-83	-85	-86	-88	-89	-90	-92	-93
	72	-43	-45	-46	-47	-49	-50	-52	-53	-54	-56	-57	-59	-60	-61	-63	-64	-66	-67	-68	-70	-71	-73	-74	-75	-77	-78	-80	-81	-82	-84	-85	-87	-88	-89	-91	-92	-94	-95
	75	-45	-46	-48	-49	-51	-52	-53	-55	-56	-58	-59	-60	-62	-63	-65	-66	-67	-69	-70	-72	-73	-74	-76	-77	-79	-80	-81	-83	-84	-86	-87	-88	-90	-91	-93	-94	-95	-97
	78	-47	-48	-50	-51	-52	-54	-55	-57	-58	-59	-61	-62	-64	-65	-66	-68	-69	-71	-72	-73	-75	-76	-78	-79	-80	-82	-83	-85	-86	-87	-89	-90	-92	-93	-94	-96	-97	-99
	81	-49	-50	-51	-53	-54	-56	-57	-58	-60	-61	-63	-64	-65	-67	-68	-70	-71	-72	-74	-75	-77	-78	-79	-81	-82	-84	-85	-86	-88	-89	-91	-92	-93	-95	-96	-98	-99	-100
	84	-50	-52	-53	-55	-56	-57	-59	-60	-62	-63	-64	-66	-67	-69	-70	-71	-73	-74	-76	-77	-78	-80	-81	-83	-84	-85	-87	-88	-90	-91	-92	-94	-95	-97	-98	-99	-101	-102
	87	-52	-54	-55	-56	-58	-59	-61	-62	-63	-65	-66	-68	-69	-70	-72	-73	-75	-76	-77	-79	-80	-82	-83	-84	-86	-87	-89	-90	-91	-93	-94	-96	-97	-98	-100	-101	-103	-104
	90	-54	-55	-57	-58	-60	-61	-62	-64	-65	-67	-68	-69	-71	-72	-74	-75	-76	-78	-79	-81	-82	-83	-85	-86	-88	-89	-90	-92	-93	-95	-96	-97	-99	-100	-102	-103	-104	-106
	93	-56	-57	-59	-60	-61	-63	-64	-66	-67	-68	-70	-71	-73	-74	-75	-77	-78	-80	-81	-82	-84	-85	-87	-88	-89	-91	-92	-94	-95	-96	-98	-99	-101	-102	-103	-105	-106	-108
	96	-58	-59	-60	-62	-63	-65	-66	-67	-69	-70	-72	-73	-74	-76	-77	-79	-80	-81	-83	-84	-86	-87	-88	-90	-91	-93	-94	-95	-97	-98	-100	-101	-102	-104	-105	-107	-108	-109
	99	-59	-61	-62	-64	-65	-66	-68	-69	-71	-72	-73	-75	-76	-78	-79	-80	-82	-83	-85	-86	-87	-89	-90	-92	-93	-94	-96	-97	-99	-100	-101	-103	-104	-106	-107	-108	-110	-111
	102	-61	-63	-64	-65	-67	-68	-70	-71	-72	-74	-75	-77	-78	-79	-81	-82	-84	-85	-86	-88	-89	-91	-92	-93	-95	-96	-98	-99	-100	-102	-103	-105	-106	-107	-109	-110	-112	-113
	105	-63	-64	-66	-67	-69	-70	-71	-73	-74	-76	-77	-78	-80	-81	-83	-84	-85	-87	-88	-90	-91	-92	-94	-95	-97	-98	-99	-101	-102	-104	-105	-106	-108	-109	-111	-112	-113	-115
	108	-65	-66	-68	-69	-70	-72	-73	-75	-76	-77	-79	-80	-82	-83	-84	-86	-87	-89	-90	-91	-93	-94	-96	-97	-98	-100	-101	-103	-104	-105	-107	-108	-110	-111	-112	-114	-115	-117
	111	-67	-68	-69	-71	-72	-74	-75	-76	-78	-79	-81	-82	-83	-85	-86	-88	-89	-90	-92	-93	-95	-96	-97	-99	-100	-102	-103	-104	-106	-107	-109	-110	-111	-113	-1			