

3 Repetition Max Protocol

(Adapted from Essentials of Strength Training and Conditioning 3rd Edition)

Below is basic protocol to be used for testing the 3 exercises required per the MARADMIN. These strength tests, along with the other performance metrics will be used to gain a better understanding of your physical performance. This performance data will build a better athlete profile for the coaches and give them the most data to make the most informed decisions.

- 1.)** 1. Estimate a light warm-up weight that you can lift easily for 6-8 reps
 - a.** Lift the weight for 6-8 reps
 - b.** Rest for 1 minute
- 2.)** Estimate a warm-up weight with which you can complete 5-7 reps, by adding 10-20 pounds (4-9 kg) or 5-10% to your light warm-up weight
 - a.** Lift the weight for 5-7 reps
 - b.** Rest for 2 minutes
- 3.)** Estimate a conservative, near-max weight with which you can complete 4-6 reps by adding 10 to 20 pounds (4-9 kg) or 5-10% to your warm-up weight
 - a.** Lift the weight for 4-6 reps
 - b.** Rest 2 to 4 minutes
- 4.)** Increase the weight by adding 10 to 20 pounds (4-9 kg) or 5-10%
 - a.** Lift the weight for 3 reps
 - b.** Rest for 2 to 4 minutes
- 5.)** If you were able to perform 3 reps then increase the weight by 10-20 pounds (5-10%)
 - a.** If you were unable to perform 3 reps then decrease the weight by 5 to 10 pounds (2-4 kg) or 2.5-5%.
 - b.** Lift the weight for 3 reps
 - c.** Rest for 2 to 4 minutes
- 6.)** If you were able to perform 3 reps then increase the weight by 10-20 pounds (5-10%).
 - a.** If you were unable to perform 3 reps then decrease the weight by 5 to 10 pounds (2-4 kg) or 2.5-5%
 - b.** Lift the weight for 3 reps
 - c.** Rest for 2 to 4 minutes
- 7.)** If you were able to complete 3 reps using proper technique, but no more, then record this weight as your 3 rep max
 - a.** If not continue: If you were able to perform 3 reps then increase the weight by 10-20 pounds (5-10%)
 - b.** If you were unable to perform 3 reps then decrease the weight by 5 to 10 pounds (2-4 kg) or 2.5-5%. 14
 - c.** Continue steps 12 & 13 until you reach a weight can complete 3 reps (no more, no less) with proper technique, record your 3 rep max

3RM testing protocol example:

- 1.) Light warm-up: 100 lb, perform for 8 reps – should be very easy
 - a. Rest for 1 minute
- 2.) Warm-up weight: 110 lb (added 10lb or 10% of light warm-up) perform for 7 reps – should be easy
 - a. Rest for 2 minutes
- 3.) Near-max weight: 125 lb (added 15lb of warm-up) perform for 5 reps – should be fairly easy
 - a. Rest 3 minutes
- 4.) First Testing weight: 135 lb. (added 10 lb OR 9.6% of near-max) perform for 3 reps – felt good
 - a. Rest 3 minutes
- 5.) 2nd testing weight: 145 lb. (added 10 lb OR 7.4% of 1st testing weight) perform for 2 reps – couldn't do 3 reps
 - a. Rest 3 minutes
- 6.) 3rd testing weight: 140 lb. (decreased by 5 lb or 3.4% of 2nd testing weight) perform for 3 reps – couldn't get any more reps
 - a. Record 3 rep max (3RM) as 140 lb.