

Sheet1

Values used are for your 3 rep maximum (maximum load you can lift for 3 repetitions) and are in pounds
Feel free to choose any exercise(s) you want to evaluate your limits as long as they fit in the right category.
Values are just a guide, and they are not universal. The greater strength you have, the lesser the limit.

Strength Limitation:

Significant	Moderate	Mild	Minor	Not Limited
Quad-Dominant Double-Leg Exercise* (Squat, Front Squat, Dumbbell Squat, etc.)				
Less than 115	115-165	165-215	215-265	More than 265
Glute-Dominant Double-Leg Exercise* (Trap-Bar Deadlift, Deadlift, etc.)				
Less than 135	135-185	185-235	235-285	More than 285
Single-Leg Exercise* (Split Squat, Lunge, Reverse Lunge, etc.)				
Less than 45	45-75	75-105	105-135	More than 135
Upper Body Vertical Push (Dumbbell Shoulder Press, Military Press, etc.)				
Less than 85	85-115	115-145	145-175	More than 175
Upper Body Vertical Pull (Bodyweight or Loaded Pullup or Chinup***, Lat Pulldown, etc.)				
Less than 135	135-165	165-195	195-225	More than 225
Upper Body Horizontal Push (Dumbbell Press, Bench Press, Pushup**)				
Less than 135	135-165	165-195	195-225	More than 225
Upper Body Horizontal Pull (Inverted Row, Bent-Over Row, Cable Row)				
Less than 135	135-165	165-195	195-225	More than 225

*Bodyweight has a lot to do with the absolute intensity of lower body lifts.

Due to extreme bodyweight variance, the values shown only represent external loading.

**The load for a pushup is about 60% bodyweight

***Use bodyweight to estimate load for a pullup or chinup. Add any external load to bodyweight