

DETERMINATION DE LA CHARGE MAXIMALE A PARTIR DU NOMBRE DE REPETITIONS

Nombre de Répétitions Charge en KG	6	7	8	9	10
4	4.5	5	5	5	5.5
5	6	6	6	6.5	6.5
6	7	7	7.5	7.5	8
8	9	9.5	10	10.5	10.5
10	11.5	12	12.5	13	13.5
12	14	14.5	15	15.5	16
14	16	17	17.5	18	18.5
15	17.5	18	18.5	19.5	20
16	18.5	19	20	20.5	21.5
18	21	21.5	22.5	23	24
20	23	24	25	25.5	26.5
22	25.5	26.5	27.5	28.5	29.5
24	28	29	30	31	32
25	29	30	31	32	33.5
26	30	31	32.5	33.5	34.5
28	32.5	33.5	35	36	37.5
30	34.5	36	37	38.5	40
35	40.5	42	43.5	45	46.5
40	46.5	48	49.5	51.5	53.5
45	52.5	54	56	58	60
50	58	60	62	64.5	66.5
55	64	66	68	70.5	73.5
60	69.5	72	74.5	77	80
65	75.5	78	80.5	83.5	86.5
70	81.5	84	87	90	93.5
75	87	90	93	96.5	100
80	93	96	99.5	103	106.5
85	98.5	102	105.5	109.5	113.5
90	104.5	108	112	115.5	120
95	110.5	114	118	122	126.5
100	116	120	124	128.5	133.5
105	122	126	130.5	135	140
110	128	132	136.5	141.5	146.5
115	133.5	138	143	148	153.5
120	139.5	144	149	154.5	160
125	145	150	155	160	166.5
130	151	156	161.5	167	173.5
135	157	162	167.5	173.5	180
140	162.5	168	174	180	186.5
145	168.5	174	180	186.5	193.5
150	174	180	186	193	200