

Load	Result	Goal Velocity	Acceptable Rang(m/s):		Quality of Strength
15%	1.45	1.54 m/s	1.61	1.47	Starting Strength
25%	1.33	1.39 m/s	1.46	1.32	Starting Strength
30%	1.25	1.32 m/s	1.39	1.25	Starting Strength
40%	1.18	1.17 m/s	1.24	1.1	Speed Strength
50%	1.2	1.01 m/s	1.08	0.94	Speed Strength
55%	0.9	0.92 m/s	0.99	0.85	Strength Speed
60%	0.74	0.83 m/s	0.9	0.76	Strength Speed
65%	0.65	0.73 m/s	0.8	0.66	Strength Speed
70%	0.61	0.67 m/s	0.74	0.6	Accelerative Strength
75%	0.53	0.57 m/s	0.64	0.5	Accelerative Strength
80%	0.48	0.5 m/s	0.57	0.43	Accelerative Strength
85%	0.42	0.44 m/s	0.51	0.37	Absolute Strength
90%	0.4	0.4 m/s	0.47	0.33	Absolute Strength
95%	0.38	0.34 m/s	0.41	0.27	Absolute Strength
100%	0.36	0.3 m/s	0.37	0.23	Absolute Strength

ALL-TIME PR	190	Result	Goal Velocity	%	ACCEPTABLE RANGES		5 QUALITIES OF STRENGTH	
1	30		1.54 m/s	15%	1.61	1.47	STARTING STRENGTH	10-20%
2	55	1.25	1.32 m/s	30%	1.39	1.25		
3	95	1.07	1.01 m/s	50%	1.08	0.94	SPEED STRENGTH	30-40%
4	115	0.98	0.83 m/s	60%	0.9	0.76		
5	135	0.84	0.67 m/s	70%	0.74	0.6	STRENGTH SPEED	50-60%
6	145	0.71	0.57 m/s	75%	0.64	0.5		
7	150		0.5 m/s	80%	0.57	0.43	ACCELERATIVE STRENGTH	70-80%
8	160	0.66	0.44 m/s	85%	0.51	0.37		
9	170		0.4 m/s	90%	0.47	0.33	ABSOLUTE STRENGTH	80%+
10	175	0.54	0.39 m/s	93%	0.42	0.29		

80 KG  
100 KG