Free sample from The Home Gym Build Planner. This is worksheet 9 of 11. Get all 11 worksheets: homegymcave.com/kit/home-gym-planner

Training Log & One-Rep Max Record

The numbers that decide what goes on the bar

Name	**Date range**
Programme	**Sessions per week**

A percentage-based programme is only as good as the maximum it is built on. Estimate from a set of five or fewer, retest occasionally, and write down what you actually lifted rather than what the plan said.

One rep max, estimated or tested

Lift	Weight x reps	Estimated 1RM	Tested 1RM	Date
Back squat				
Bench press				
Deadlift				
Overhead press				
Barbell row				

An estimate from a set of ten is a guess. Estimates hold up at five reps or fewer and get worse the further out you go. Run yours through the one rep max calculator at homegymcave.com.

Working percentages

Percent of 1RM	Squat	Bench	Deadlift	Press
95%				
90%				
85%				

Percent of 1RM	Squat	Bench	Deadlift	Press
80%				
75%				
70%				
65%				
60%				

Round to what your plate mix can actually make. A percentage you cannot load is a percentage you will not use.

Session log

Date	Lift	Sets x reps x weight	How it moved	Next session

Researched guidance, not professional advice. This kit is researched planning guidance, not professional advice. Check your own floor, your rack manufacturer's rated capacity and installation instructions before you drill or load anything.