SETMARK STRENGTH

Strength set record

Use one sheet per lift and load convention. Save the completed set alongside its estimate.

Lift and variation

Load convention and unit

Equation and estimate basis

For example, paused bench press, total bar in lb, Epley from completed reps.

Date	Load	Reps	RIR	Est. 1RM	Setup or session notes

Reading the record

RIR means full repetitions you believe remained. Leave it blank when you did not rate the set.

An estimated 1RM uses an equation. Record a tested single as a separate entry.

Write down an equipment, range-of-motion or effort change before comparing two rows.

Worked entry 135 lb for 5 completed reps gives an Epley estimate of 157.5 lb.