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, $\bar{X} \pm SD = / \pm /$

$\bar{X} \pm SD = / \pm /$

$\bar{X} \pm SD = / \pm /$

($r = /$) ($r = /$)



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1 - McDonagh and Davies
2 - Berzycki

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2RM 10RM 5RM, 1RM () .()
1RM 10RM 5RM 1RM
9RM
, () .() 2 10RM

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- 1 - Scholler
 - 2 - Berger
 - 3 - Knoll
 - 4 - Mayhew
 - 5 - Faigen Baum

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$$\bar{X} \pm SD = / \pm /$$

$$\bar{X} \pm SD = / \pm /$$

$$\bar{X} \pm SD = / \pm /$$

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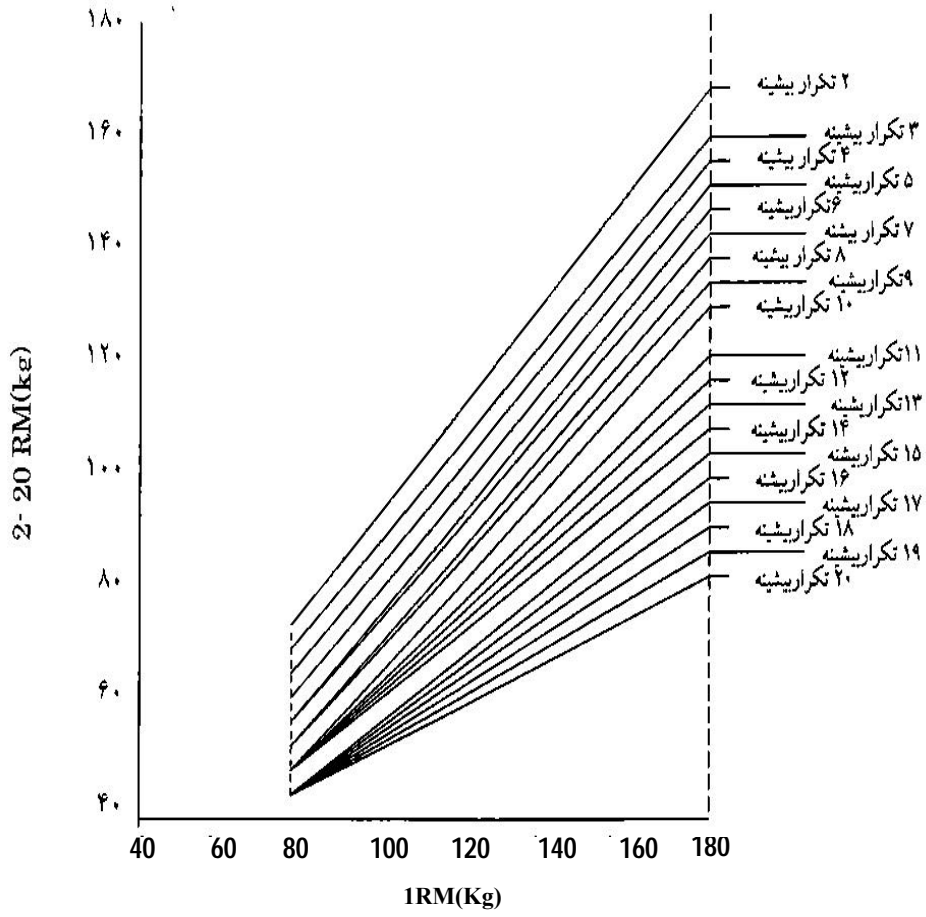
, SPSS

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% Of IRAM	١٠٠	٩٧/٨٢	٨٧	٨٧/٥٢	٨١/٠٧	٧٨/١٢	٧٩/٩٩	٧٤/٢٥	٧١/٢	٦٨/١٨	٦٦/٢٢	٦٥/٥٨	٦٤/٥	٦٢/١٤	٦١/١٨	٦٠/١٤	٥٩/٢٢	٥٨/١٤	٥٧/٢٨	٥٦/٢٨	٥٥/٢٢	٥٤/٢٥	٥٣/٢٢	٥٢/٢٥	٥١/٢٥	٥٠/٢٥	٤٩/٢٥	٤٨/٢٥	٤٧/٢٥	٤٦/٢٥	٤٥/٢٥	٤٤/٢٥	٤٣/٢٥	٤٢/٢٥	٤١/٢٥	٤٠/٢٥									
١	١	٢	٣	٤	٥	٦	٧	٨	٩	١٠	١١	١٢	١٣	١٤	١٥	١٦	١٧	١٨	١٩	٢٠	٢١	٢٢	٢٣	٢٤	٢٥	٢٦	٢٧	٢٨	٢٩	٣٠	٣١	٣٢	٣٣	٣٤	٣٥	٣٦	٣٧	٣٨	٣٩	٤٠					
١٠٠	٩٧/٨٢	٨٧	٨٧/٥٢	٨١/٠٧	٧٨/١٢	٧٩/٩٩	٧٤/٢٥	٧١/٢	٦٨/١٨	٦٦/٢٢	٦٥/٥٨	٦٤/٥	٦٢/١٤	٦١/١٨	٦٠/١٤	٥٩/٢٢	٥٨/١٤	٥٧/٢٨	٥٦/٢٨	٥٥/٢٢	٥٤/٢٥	٥٣/٢٢	٥٢/٢٥	٥١/٢٥	٥٠/٢٥	٤٩/٢٥	٤٨/٢٥	٤٧/٢٥	٤٦/٢٥	٤٥/٢٥	٤٤/٢٥	٤٣/٢٥	٤٢/٢٥	٤١/٢٥	٤٠/٢٥	٣٩	٣٨	٣٧	٣٦	٣٥	٣٤	٣٣	٣٢	٣١	٣٠
١٠٠	٩٧/٨٢	٨٧	٨٧/٥٢	٨١/٠٧	٧٨/١٢	٧٩/٩٩	٧٤/٢٥	٧١/٢	٦٨/١٨	٦٦/٢٢	٦٥/٥٨	٦٤/٥	٦٢/١٤	٦١/١٨	٦٠/١٤	٥٩/٢٢	٥٨/١٤	٥٧/٢٨	٥٦/٢٨	٥٥/٢٢	٥٤/٢٥	٥٣/٢٢	٥٢/٢٥	٥١/٢٥	٥٠/٢٥	٤٩/٢٥	٤٨/٢٥	٤٧/٢٥	٤٦/٢٥	٤٥/٢٥	٤٤/٢٥	٤٣/٢٥	٤٢/٢٥	٤١/٢٥	٤٠/٢٥	٣٩	٣٨	٣٧	٣٦	٣٥	٣٤	٣٣	٣٢	٣١	٣٠
١٠٠	٩٧/٨٢	٨٧	٨٧/٥٢	٨١/٠٧	٧٨/١٢	٧٩/٩٩	٧٤/٢٥	٧١/٢	٦٨/١٨	٦٦/٢٢	٦٥/٥٨	٦٤/٥	٦٢/١٤	٦١/١٨	٦٠/١٤	٥٩/٢٢	٥٨/١٤	٥٧/٢٨	٥٦/٢٨	٥٥/٢٢	٥٤/٢٥	٥٣/٢٢	٥٢/٢٥	٥١/٢٥	٥٠/٢٥	٤٩/٢٥	٤٨/٢٥	٤٧/٢٥	٤٦/٢٥	٤٥/٢٥	٤٤/٢٥	٤٣/٢٥	٤٢/٢٥	٤١/٢٥	٤٠/٢٥	٣٩	٣٨	٣٧	٣٦	٣٥	٣٤	٣٣	٣٢	٣١	٣٠

(kg) مئال وزنه

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W,

SPSS

$$.B_0 = /$$

$$.SE = / \text{ Kg} \quad \alpha = /$$
$$1RM = / (/ *)$$

SPSS

$$.B_0 = /$$

$$.SE = / \text{ Kg} \quad \alpha = /$$
$$1RM = / (/ *)$$

	()	
	1RM = / - (/ *)	/ Kg
	1RM = / - (/ *)	/ Kg
	1RM = / - (/ *)	/ Kg
	1RM = / - (/ *)	/ Kg

...



SPSS

/ P.V

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	/	/	/
	/	/	/

$$IRM = / + / () + / ()$$

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.()

1 - Stepwise



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$$1RM = / + (/ * W) \quad r = /$$

$$W = \frac{1RM}{()}$$

:()

$$\frac{x_2 - x_1}{y_2 - y_1} * [(y_1 - 1) + x_1] = 1RM \quad r = \cdot / \sqrt{vr} \quad SE = \sqrt{vr}Kg$$

$$X_2 = \quad y_2 =$$

$$X_1 = \quad y_1 =$$

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$$1RM = / + / () \quad r = /$$

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$$1RM = \frac{\text{Weight}}{\text{Reps}} - \left(\frac{\text{Weight}}{\text{Reps}} * \text{Factor} \right)$$

()

1RM

1RM

(,)

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