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Training Monitoring for Resistance Exercise: Theory and Applications

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Table 1. Example calculations for resistance training volume and volume loads.

External volume/load measure (unit)	Hypertrophy Training *(3 sets x 10 repetitions using 70% 1RM)*		Strength Training *(10 sets x 3 repetitions using 90% 1RM)*	
	Athlete A	Athlete B	Athlete A	Athlete B
Repetition volume (reps)	30	30	30	30
Absolute volume load (kg)	2520	3360	3240	4320
Relative volume load (AU)	2100	2100	2700	2700
RM-based volume load (AU)	2790	2790	2850	2850