



Henriques Deadlift Chart

	BEGINNER	INTERMEDIATE	ADVANCED
FREQUENCY	1-3X PER WEEK (1)	1/2-2X PER WEEK (1)	1/3-2X PER WEEK (1/2)
50-70%	24-48	NA	5-16 (SPEED/OPTIONAL)
	OR		AND
71-80%	12-32	15-45	18-60
	OR	OR	OR
81-90%	5-16	6-18	8-24
		OR	OR
91-95%	N/A	4-8	4-8
		OR	OR
96%+	N/A	1-3	1-5

Note: Reps listed are the suggested total number of **reps per week** at a given workload