



Henriques Squat Chart

	BEGINNER	INTERMEDIATE	ADVANCED
FREQUENCY	1-3 X PER WEEK (1)	1-3 X PER WEEK (1-2)	1-5 X PER WEEK (3)
50-70%	30-60	40-80	15-30(SPEED/OPTIONAL)
	OR	OR	AND
71-80%	20-40	25-50	30-60
	OR	OR	OR
81-90%	10-25	15-30	15-40
		OR	OR
91-95%	N/A	5-15	10-20
		AND(OPTIONAL)	OR
96%+	N/A	1-5	3-6

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