

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

External volume/load measure (unit)	Hypertrophy Training <i>(3 sets x 10 repetitions using 70% 1RM)</i>		Strength Training <i>(10 sets x 3 repetitions using 90% 1RM)</i>	
	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