|  |  |
| --- | --- |
|  | **Search string** |
| 1. Velocity | **AB/TI:** velocity |
| 1. Prediction | **AB/TI:** predict\* OR estimat\* |
| 1. 1RM | **AB/TI:** 1RM OR 1-RM OR “repetition maximum” |
| 1. Combined string | S1 AND S2 AND S3 |