Table 2. Six-repetition maximum prediction equations, regression values, and predicted residual sum of squares (PRESS) statistic

cross-validation for each exercise (n = 14).

Exercise	Equation	R^2	SEE (kg)	R^2_{PRESS}	SEE_{PRESS} (kg)
Deadlift	Deadlift load = squat load (1.12) – 16.60 kg	0.74	14.24	0.73	14.14
Leg press	Leg press load = squat load (1.66) + 16.10 kg	0.57	11.07	0.59	11.04
Lunge	Lunge load = squat load (0.61) + 9.39 kg	0.75	7.78	0.76	7.78
Step-up	Step-up load = squat load (0.85) - 10.36 kg	0.85	7.75	0.83	7.72

SEE = standard error of the estimate.