

POUND LOADING CHART

<u>Lbs.</u>	<u>Plates</u>	<u>Using 100's</u>	<u>Lbs.</u>	<u>Plates</u>	<u>Using 100's</u>
55	Bar & Collars		245	2 x 45, 5	
60	2 ½		250	2 x 45, 5, 2 ½	
65	5		255	2 x 45, 10	100
70	5, 2 ½		260	2 x 45, 10, 2 ½	100, 2 ½
75	10		265	2 x 45, 10, 5	100, 5
80	10, 2 ½		270	2 x 45, 10, 5, 2 ½	100, 5, 2 ½
85	10, 5		275	2 x 45, 2 x 10	100, 10
90	10, 5, 2 ½		280	2 x 45, 2 x 10, 2 ½	100, 10, 2 ½
95	2 x 10		285	2 x 45, 25	100, 10, 5
100	2 x 10, 2 ½		290	2 x 45, 25, 2 ½	100, 10, 5, 2 ½
105	25		295	2 x 45, 25, 5	100, 2 x 10
110	25, 2 ½		300	2 x 45, 25, 5, 2 ½	100, 2 x 10, 2 ½
115	25, 5		305	2 x 45, 35	100, 25
120	25, 5, 2 ½		310	2 x 45, 35, 2 ½	100, 25, 2 ½
125	35		315	2 x 45, 35, 5	100, 25, 5
130	35, 2 ½		320	2 x 45, 35, 5, 2 ½	100, 25, 5, 2 ½
135	35, 5		325	3 x 45	100, 35
140	35, 5, 2 ½		330	3 x 45, 2 ½	100, 35, 2 ½
145	45		335	3 x 45, 5	100, 35, 5
150	45, 2 ½		340	3 x 45, 5, 2 ½	100, 35, 5, 2 ½
155	45, 5		345	3 x 45, 10	100, 45
160	45, 5, 2 ½		350	3 x 45, 10, 2 ½	100, 45, 2 ½
165	45, 10		355	3 x 45, 10, 5	100, 45, 5
170	45, 10, 2 ½		360	3 x 45, 10, 5, 2 ½	100, 45, 5, 2 ½
175	45, 10, 5		365	3 x 45, 2 x 10	100, 45, 10
180	45, 10, 5, 2 ½		370	3 x 45, 2 x 10, 2 ½	100, 45, 10, 2 ½
185	45, 2 x 10		375	3 x 45, 25	100, 45, 10, 5
190	45, 2 x 10, 2 ½		380	3 x 45, 25, 2 ½	100, 45, 10, 5, 2 ½
195	45, 25		385	3 x 45, 25, 5	100, 45, 2 x 10
200	45, 25, 2 ½		390	3 x 45, 25, 5, 2 ½	100, 45, 2 x 10, 2 ½
205	45, 25, 5		395	3 x 45, 35	100, 45, 25
210	45, 25, 5, 2 ½		400	3 x 45, 35, 2 ½	100, 45, 25, 2 ½
215	45, 35		405	3 x 45, 35, 5	100, 45, 25, 5
220	45, 35, 2 ½		410	3 x 45, 35, 5, 2 ½	100, 45, 25, 5, 2 ½
225	45, 35, 5		415	4 x 45	100, 45, 35
230	45, 35, 5, 2 ½		420	4 x 45, 2 ½	100, 45, 35, 2 ½
235	2 x 45		425	4 x 45, 5	100, 45, 35, 5
240	2 x 45, 2 ½		430	4 x 45, 5, 2 ½	100, 45, 35, 5, 2 ½

Lbs.	Plates	Using 100's	Lbs.	Plates	Using 100's
435	4 x 45, 10	100, 2 x 45	695	7 x 45, 5	3 x 100, 2 x 10
440	4 x 45, 10, 2 ½	100, 2 x 45, 2 ½	700	7 x 45, 5, 2 ½	3 x 100, 2 x 10, 2 ½
445	4 x 45, 10, 5	100, 2 x 45, 5	705	7 x 45, 10	3 x 100, 25
450	4 x 45, 10, 5, 2 ½	100, 2 x 45, 5, 2 ½	710	7 x 45, 10, 2 ½	3 x 100, 25, 2 ½
455	4 x 45, 2 x 10	2 x 100	715	7 x 45, 10, 5	3 x 100, 25, 5
460	4 x 45, 2 x 10, 2 ½	2 x 100, 2 ½	720	7 x 45, 10, 5, 2 ½	3 x 100, 25, 5, 2 ½
465	4 x 45, 25	2 x 100, 5	725	7 x 45, 2 x 10	3 x 100, 35
470	4 x 45, 25, 2 ½	2 x 100, 5, 2 ½	730	7 x 45, 2 x 10, 2 ½	3 x 100, 35, 2 ½
475	4 x 45, 25, 5	2 x 100, 10	735	7 x 45, 25	3 x 100, 35, 5
480	4 x 45, 25, 5, 2 ½	2 x 100, 10, 2 ½	740	7 x 45, 25, 2 ½	3 x 100, 35, 5, 2 ½
485	4 x 45, 35	2 x 100, 10, 5	745	7 x 45, 25, 5	3 x 100, 45
490	4 x 45, 35, 2 ½	2 x 100, 10, 5, 2 ½	750	7 x 45, 25, 5, 2 ½	3 x 100, 45, 2 ½
495	4 x 45, 35, 5	2 x 100, 2 x 10	755	7 x 45, 35	3 x 100, 45, 5
500	4 x 45, 35, 5, 2 ½	2 x 100, 2 x 10, 2 ½	760	7 x 45, 35, 2 ½	3 x 100, 45, 5, 2 ½
505	5 x 45	2 x 100, 25	765	7 x 45, 35, 5	3 x 100, 45, 10
510	5 x 45, 2 ½	2 x 100, 25, 2 ½	770	7 x 45, 35, 5, 2 ½	3 x 100, 45, 10, 2 ½
515	5 x 45, 5	2 x 100, 25, 5	775	8 x 45	3 x 100, 45, 10, 5
520	5 x 45, 5, 2 ½	2 x 100, 25, 5, 2 ½	780	8 x 45, 2 ½	3 x 100, 45, 10, 5, 2 ½
525	5 x 45, 10	2 x 100, 35	785	8 x 45, 5	3 x 100, 45, 2 x 10
530	5 x 45, 10, 2 ½	2 x 100, 35, 2 ½	790	8 x 45, 5, 2 ½	3 x 100, 45, 2 x 10, 2 ½
535	5 x 45, 10, 5	2 x 100, 35, 5	795	8 x 45, 10	3 x 100, 45, 25
540	5 x 45, 10, 5, 2 ½	2 x 100, 35, 5, 2 ½	800	8 x 45, 10, 2 ½	3 x 100, 45, 25, 2 ½
545	5 x 45, 2 x 10	2 x 100, 45	805	8 x 45, 10, 5	3 x 100, 45, 25, 5
550	5 x 45, 2 x 10, 2 ½	2 x 100, 45, 2 ½	810	8 x 45, 10, 5, 2 ½	3 x 100, 45, 25, 5, 2 ½
555	5 x 45, 25	2 x 100, 45, 5	815	8 x 45, 2 x 10	3 x 100, 45, 35
560	5 x 45, 25, 2 ½	2 x 100, 45, 5, 2 ½	820	8 x 45, 2 x 10, 2 ½	3 x 100, 45, 35, 2 ½
565	5 x 45, 25, 5	2 x 100, 45, 10	825	8 x 45, 25	3 x 100, 45, 35, 5
570	5 x 45, 25, 5, 2 ½	2 x 100, 45, 10, 2 ½	830	8 x 45, 25, 2 ½	3 x 100, 45, 35, 5, 2 ½
575	5 x 45, 35	2 x 100, 45, 10, 5	835	8 x 45, 25, 5	3 x 100, 2 x 45
580	5 x 45, 35, 2 ½	2 x 100, 45, 10, 5, 2 ½	840	8 x 45, 25, 5, 2 ½	3 x 100, 2 x 45, 2 ½
585	5 x 45, 35, 5	2 x 100, 45, 2 x 10	845	8 x 45, 35	3 x 100, 2 x 45, 5
590	5 x 45, 35, 5, 2 ½	2 x 100, 45, 2 x 10, 2 ½	850	8 x 45, 35, 2 ½	3 x 100, 2 x 45, 5, 2 ½
595	6 x 45	2 x 100, 45, 25	855	8 x 45, 35, 5	4 x 100
600	6 x 45, 2 ½	2 x 100, 45, 25, 2 ½	860	8 x 45, 35, 5, 2 ½	4 x 100, 2 ½
605	6 x 45, 5	2 x 100, 45, 25, 5	865	9 x 45	4 x 100, 5
610	6 x 45, 5, 2 ½	2 x 100, 45, 25, 5, 2 ½	870	9 x 45, 2 ½	4 x 100, 5, 2 ½
615	6 x 45, 10	2 x 100, 45, 35	875	9 x 45, 5	4 x 100, 10
620	6 x 45, 10, 2 ½	2 x 100, 45, 35, 2 ½	880	9 x 45, 5, 2 ½	4 x 100, 10, 2 ½
625	6 x 45, 10, 5	2 x 100, 45, 35, 5	885	9 x 45, 10	4 x 100, 10, 5
630	6 x 45, 10, 5, 2 ½	2 x 100, 45, 35, 5, 2 ½	890	9 x 45, 10, 2 ½	4 x 100, 10, 5, 2 ½
635	6 x 45, 2 x 10	2 x 100, 2 x 45	895	9 x 45, 10, 5	4 x 100, 2 x 10
640	6 x 45, 2 x 10, 2 ½	2 x 100, 2 x 45, 2 ½	900	9 x 45, 10, 5, 2 ½	4 x 100, 2 x 10, 2 ½
645	6 x 45, 25	2 x 100, 2 x 45, 5			
650	6 x 45, 25, 2 ½	2 x 100, 2 x 45, 5, 2 ½			
655	6 x 45, 25, 5	3 x 100			
660	6 x 45, 25, 5, 2 ½	3 x 100, 2 ½			
665	6 x 45, 35	3 x 100, 5			
670	6 x 45, 35, 2 ½	3 x 100, 5, 2 ½			
675	6 x 45, 35, 5	3 x 100, 10			
680	6 x 45, 35, 5, 2 ½	3 x 100, 10, 2 ½			
685	7 x 45	3 x 100, 10, 5			
690	7 x 45, 2 ½	3 x 100, 10, 5, 2 ½			