

Olympic Weights Loading Guide

- The table indicates the number of weight plates added to each end of the bar — with light-weight collars. Olympic spin collars will add 10 lbs. if used.
- Only odd loads are listed (45, 55, 65, etc.). Add a 2½ lb. weight plate to each end of the bar to get any even load (50, 60, 70, etc.).

45... (Bar)	235... 2-45 1-5	425... 4-45 1-10
55... 1-5	245... 2-45 1-10	435... 4-45 1-10 1-5
65... 1-10	255... 2-45 1-10 1-5	445... 4-45 2-10
75... 1-10 1-5	265... 2-45 2-10	455... 4-45 1-25
85... 2-10	275... 2-45 1-25	465... 4-45 1-25 1-5
95... 1-25	285... 2-45 1-25 1-5	475... 4-45 1-35
105... 1-25 1-5	295... 2-45 1-35	485... 4-45 1-35 1-5
115... 1-35	305... 2-45 1-35 1-5	495... 5-45
125... 1-35 1-5	315... 3-45	505... 5-45 1-5
135... 1-45	325... 3-45 1-5	515... 5-45 1-10
145... 1-45 1-5	335... 3-45 1-10	525... 5-45 1-10 1-5
155... 1-45 1-10	345... 3-45 1-10 1-5	535... 5-45 2-10
165... 1-45 1-10 1-5	355... 3-45 2-10	545... 5-45 1-25
175... 1-45 2-10	365... 3-45 1-25	555... 5-45 1-25 1-5
185... 1-45 1-25	375... 3-45 1-25 1-5	565... 5-45 1-35
195... 1-45 1-25 1-5	385... 3-45 1-35	575... 5-45 1-35 1-5
205... 1-45 1-35	395... 3-45 1-35 1-5	585... 6-45
215... 1-45 1-35 1-5	405... 4-45	595... 6-45 1-5
225... 2-45	415... 4-45 1-5	605... 6-45 1-10

www.target-weight-coach.com • Copyright © 2000 Power-Up USA, Inc.