

Total Weight (lbs)	50	55	60	65	70	75	80	85	90	95
Each side of the barbell needs the following plates:	2.5	5	5	10	10	10	10	10	10	25

100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195
25	25	25	25	25	25	25	45	45	45	45	45	45	45	45	45	45	45	45	45
2.5	5	5	10	10	10	10		2.5	5	5	10	10	10	10	10	10	25	25	25
		2.5		2.5	5	5				2.5		2.5	5	5	10	10		2.5	2.5

200	205	210	215	220	225	230	235	240	245	250	255	260	265	270	275	280	285	290	295
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
25	25	25	25	25	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
5	10	10	10	10		2.5	5	5	10	10	10	10	10	10	25	25	25	25	25
2.5		2.5	5	5				2.5		2.5	5	5	10	10	10	2.5	5	5	10
				2.5								2.5		2.5				2.5	

300	305	310	315	320	325	330	335	340	345	350	355	360	365	370	375	380	385	390	395
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
25	25	25	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
10	10	10		2.5	5	5	10	10	10	10	10	10	25	25	25	25	25	25	25
2.5	5	5				2.5		2.5	5	5	10	10		2.5	5	5	10	10	10
		2.5								2.5		2.5				2.5		2.5	5

400	405	410	415	420	425	430	435	440	445	450	455	460	465	470	475	480	485	490	495
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
25	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
10		2.5	5	5	10	10	10	10	10	10	25	25	25	25	25	25	25	25	45
5				2.5		2.5	5	5	10	10		2.5	5	5	10	10	10	10	10
2.5								2.5		2.5				2.5		2.5	5	5	2.5

500	505	510	515	520	525	530	535	540	545	550	555	560	565	570	575	580	585	590	595
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
2.5	5	5	10	10	10	10	10	10	25	25	25	25	25	25	25	25	45	45	45
		2.5		2.5	5	5	10	10		2.5	5	5	10	10	10	10		2.5	5
						2.5		2.5				2.5		2.5	5	5			

600	605	610	615	620	625	630	635	640	645	650	655	660	665	670	675	680	685	690	695
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
5	10	10	10	10	10	10	25	25	25	25	25	25	25	25	45	45	45	45	45
2.5		2.5	5	5	10	10		2.5	5	5	10	10	10	10		2.5	5	5	10
				2.5		2.5				2.5		2.5	5	5				2.5	

700	705	710	715	720	725	730	735	740	745	750	755	760	765	770	775	780	785	790	795
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
10	10	10	10	10	25	25	25	25	25	25	25	25	45	45	45	45	45	45	45
2.5	5	5	10	10		2.5	5	5	10	10	10	10		2.5	5	5	10	10	10
		2.5		2.5				2.5		2.5	5	5				2.5		2.5	5