

Loading Chart 55-530 lbs
Using 45 lb plates

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	45's	25's	10's	5's	2.5's			45's	25's	10's	5's	2.5's
55	0	0	0	0	0		295	2	1	0	1	0
60	0	0	0	0	1		300	2	1	0	1	1
65	0	0	0	1	0		305	2	1	1	0	0
70	0	0	0	1	1		310	2	1	1	0	1
75	0	0	1	0	0		315	2	1	1	1	0
80	0	0	1	0	1		320	2	1	1	1	1
85	0	0	1	1	0		325	3	0	0	0	0
90	0	0	1	1	1		330	3	0	0	0	1
95	0	0	2	0	0		335	3	0	0	1	0
100	0	0	2	0	1		340	3	0	0	1	1
105	0	1	0	0	0		345	3	0	1	0	0
110	0	1	0	0	1		350	3	0	1	0	1
115	0	1	0	1	0		355	3	0	1	1	0
120	0	1	0	1	1		360	3	0	1	1	1
125	0	1	1	0	0		365	3	0	2	0	0
130	0	1	1	0	1		370	3	0	2	0	1
135	0	1	1	1	0		375	3	1	0	0	0
140	0	1	1	1	1		380	3	1	0	0	1
145	1	0	0	0	0		385	3	1	0	1	0
150	1	0	0	0	1		390	3	1	0	1	1
155	1	0	0	1	0		395	3	1	1	0	0
160	1	0	0	1	1		400	3	1	1	0	1
165	1	0	1	0	0		405	3	1	1	1	0
170	1	0	1	0	1		410	3	1	1	1	1
175	1	0	1	1	0		415	4	0	0	0	0
180	1	0	1	1	1		420	4	0	0	0	1
185	1	0	2	0	0		425	4	0	0	1	0
190	1	0	2	0	1		430	4	0	0	1	1
195	1	1	0	0	0		435	4	0	1	0	0
200	1	1	0	0	1		440	4	0	1	0	1
205	1	1	0	1	0		445	4	0	1	1	0
210	1	1	0	1	1		450	4	0	1	1	1
215	1	1	1	0	0		455	4	0	2	0	0
220	1	1	1	0	1		460	4	0	2	0	1
225	1	1	1	1	0		465	4	1	0	0	0
230	1	1	1	1	1		470	4	1	0	0	1
235	2	0	0	0	0		475	4	1	0	1	0
240	2	0	0	0	1		480	4	1	0	1	1
245	2	0	0	1	0		485	4	1	1	0	0
250	2	0	0	1	1		490	4	1	1	0	1
255	2	0	1	0	0		495	4	1	1	1	0
260	2	0	1	0	1		500	4	1	1	1	1
265	2	0	1	1	0		505	5	0	0	0	0
270	2	0	1	1	1		510	5	0	0	0	1
275	2	0	2	0	0		515	5	0	0	1	0
280	2	0	2	0	1		520	5	0	0	1	1
285	2	1	0	0	0		525	5	0	1	0	0
290	2	1	0	0	1		530	5	0	1	0	1

Weights reqd on the platform
45 lb bar, 10-45's, 2-25's, 4-10's, 2-5's, 2-2.5's, 2-5 lb collars