

TARGET•WEIGHT•COACH

Olympic Weights Loading Guide

45 lbs. to 210 lbs.	215 lbs. to 380 lbs.	385 lbs. to 605 lbs.
45... (Bar)	215... 1-45 1-35 1-5	385... 3-45 1-35
50... 1-2½	220... 1-45 1-35 1-5 1-2½	390... 3-45 1-35 1-2½
55... 1-5	225... 2-45	395... 3-45 1-35 1-5
60... 1-5 1-2½	230... 2-45 1-2½	400... 3-45 1-35 1-5 1-2½
65... 1-10	235... 2-45 1-5	405... 4-45
70... 1-10 1-2½	240... 2-45 1-5 1-2½	410... 4-45 1-2½
75... 1-10 1-5	245... 2-45 1-10	415... 4-45 1-5
80... 1-10 1-5 1-2½	250... 2-45 1-10 1-2½	420... 4-45 1-5 1-2½
85... 2-10	255... 2-45 1-10 1-5	425... 4-45 1-10
90... 2-10 1-2½	260... 2-45 1-10 1-5 1-2½	430... 4-45 1-10 1-2½
95... 1-25	265... 2-45 2-10	435... 4-45 1-10 1-5
100... 1-25 1-2½	270... 2-45 2-10 1-2½	440... 4-45 1-10 1-5 1-2½
105... 1-25 1-5	275... 2-45 1-25	445... 4-45 2-10
110... 1-25 1-5 1-2½	280... 2-45 1-25 1-2½	450... 4-45 2-10 1-2½
115... 1-35	285... 2-45 1-25 1-5	455... 4-45 1-25
120... 1-35 1-2½	290... 2-45 1-25 1-5 1-2½	460... 4-45 1-25 1-2½
125... 1-35 1-5	295... 2-45 1-35	465... 4-45 1-25 1-5
130... 1-35 1-5 1-2½	300... 2-45 1-35 1-2½	470... 4-45 1-25 1-5 1-2½
135... 1-45	305... 2-45 1-35 1-5	475... 4-45 1-35
140... 1-45 1-2½	310... 2-45 1-35 1-5 1-2½	480... 4-45 1-35 1-2½
145... 1-45 1-5	315... 3-45	485... 4-45 1-35 1-5
150... 1-45 1-5 1-2½	320... 3-45 1-2½	490... 4-45 1-35 1-5 1-2½
155... 1-45 1-10	325... 3-45 1-5	495... 5-45
160... 1-45 1-10 1-2½	330... 3-45 1-5 1-2½	505... 5-45 1-5
165... 1-45 1-10 1-5	335... 3-45 1-10	515... 5-45 1-10
170... 1-45 1-10 1-5 1-2½	340... 3-45 1-10 1-2½	525... 5-45 1-10 1-5
175... 1-45 2-10	345... 3-45 1-10 1-5	535... 5-45 2-10
180... 1-45 2-10 1-2½	350... 3-45 1-10 1-5 1-2½	545... 5-45 1-25
185... 1-45 1-25	355... 3-45 2-10	555... 5-45 1-25 1-5
190... 1-45 1-25 1-2½	360... 3-45 2-10 1-2½	565... 5-45 1-35
195... 1-45 1-25 1-5	365... 3-45 1-25	575... 5-45 1-35 1-5
200... 1-45 1-25 1-5 1-2½	370... 3-45 1-25 1-2½	585... 6-45
205... 1-45 1-35	375... 3-45 1-25 1-5	595... 6-45 1-5
210... 1-45 1-35 1-2½	380... 3-45 1-25 1-5 1-2½	605... 6-45 1-10

Table show the number of weight plates added to each end of the bar – with light-weight collars.