

Loading Chart 55-790 lbs
Using 2-100's 45's

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

Total weights reqd on platform:
45 lb bar, 2-100's, 10-45's, 2-25's, 4-10's, 2-5's, 2-2.5's, 2-5 lb collars

Loading Chart 55-790 lbs
Using 2-100's 45's

	100	45's	25's	10's	5's	2.5's		100	45's	25's	10's	5's	2.5's
535	1	3	0	0	1	0	775	1	5	1	1	0	0
540	1	3	0	0	1	1	780	1	5	1	1	0	1
545	1	3	0	1	0	0	785	1	5	1	1	1	0
550	1	3	0	1	0	1	790	1	5	1	1	1	1
555	1	3	0	1	1	0							
560	1	3	0	1	1	1							
565	1	3	0	2	0	0							
570	1	3	0	2	0	1							
575	1	3	1	0	0	0							
580	1	3	1	0	0	1							
585	1	3	1	0	1	0							
590	1	3	1	0	1	1							
595	1	3	1	1	0	0							
600	1	3	1	1	0	1							
605	1	3	1	1	1	0							
610	1	3	1	1	1	1							
615	1	4	0	0	0	0							
620	1	4	0	0	0	1							
625	1	4	0	0	1	0							
630	1	4	0	0	1	1							
635	1	4	0	1	0	0							
640	1	4	0	1	0	1							
645	1	4	0	1	1	0							
650	1	4	0	1	1	1							
655	1	4	0	2	0	0							
660	1	4	0	2	0	1							
665	1	4	1	0	0	0							
670	1	4	1	0	0	1							
675	1	4	1	0	1	0							
680	1	4	1	0	1	1							
685	1	4	1	1	0	0							
690	1	4	1	1	0	1							
695	1	4	1	1	1	0							
700	1	4	1	1	1	1							
705	1	5	0	0	0	0							
710	1	5	0	0	0	1							
715	1	5	0	0	1	0							
720	1	5	0	0	1	1							
725	1	5	0	1	0	0							
730	1	5	0	1	0	1							
735	1	5	0	1	1	0							
740	1	5	0	1	1	1							
745	1	5	0	2	0	0							
750	1	5	0	2	0	1							
755	1	5	1	0	0	0							
760	1	5	1	0	0	1							
765	1	5	1	0	1	0							
770	1	5	1	0	1	1							rev 1

Total weights reqd on platform:
45 lb bar, 2-100's, 10-45's, 2-25's, 4-10's, 2-5's, 2-2.5's, 2-5 lb collars