



207.5 kg (457.5 lbs) Uesaka Barbell Set

| Weight (kgs) | Weight (lbs) | 20 | 15 | 10 | 5 | 2.5 | 1.25 |
|--------------|--------------|----|----|----|---|-----|------|
| 20 | 44.1 | | | | | | |
| 22.5 | 49.6 | | | | | | 1 |
| 25 | 55.1 | | | | | 1 | |
| 27.5 | 60.6 | | | | | 1 | 1 |
| 30 | 66.1 | | | | 1 | | |
| 32.5 | 71.6 | | | | 1 | | 1 |
| 35 | 77.2 | | | | 1 | 1 | |
| 37.5 | 82.7 | | | | 1 | 1 | 1 |
| 40 | 88.2 | | | 1 | | | |
| 42.5 | 93.7 | | | 1 | | | 1 |
| 45 | 99.2 | | | 1 | | 1 | |
| 47.5 | 104.7 | | | 1 | | 1 | 1 |
| 50 | 110.2 | | 1 | | | | |
| 52.5 | 115.7 | | 1 | | | | 1 |
| 55 | 121.3 | | 1 | | | 1 | |
| 57.5 | 126.8 | | 1 | | | 1 | 1 |
| 60 | 132.3 | 1 | | | | | |
| 62.5 | 137.8 | 1 | | | | | 1 |
| 65 | 143.3 | 1 | | | | 1 | |
| 67.5 | 148.8 | 1 | | | | 1 | 1 |
| 70 | 154.3 | 1 | | | 1 | | |
| 72.5 | 159.8 | 1 | | | 1 | | 1 |
| 75 | 165.3 | 1 | | | 1 | 1 | |
| 77.5 | 170.9 | 1 | | | 1 | 1 | 1 |
| 80 | 176.4 | 1 | | 1 | | | |
| 82.5 | 181.9 | 1 | | 1 | | | 1 |
| 85 | 187.4 | 1 | | 1 | | 1 | |
| 87.5 | 192.9 | 1 | | 1 | | 1 | 1 |
| 90 | 198.4 | 1 | 1 | | | | |
| 92.5 | 203.9 | 1 | 1 | | | | 1 |
| 95 | 209.4 | 1 | 1 | | | 1 | |
| 97.5 | 214.9 | 1 | 1 | | | 1 | 1 |
| 100 | 220.5 | 2 | | | | | |
| 102.5 | 226.0 | 2 | | | | | 1 |
| 105 | 231.5 | 2 | | | | 1 | |
| 107.5 | 237.0 | 2 | | | | 1 | 1 |
| 110 | 242.5 | 2 | | | 1 | | |
| 112.5 | 248.0 | 2 | | | 1 | | 1 |

| Weight (kgs) | Weight (lbs) | 20 | 15 | 10 | 5 | 2.5 | 1.25 |
|--------------|--------------|----|----|----|---|-----|------|
| 115 | 253.5 | 2 | | | 1 | 1 | |
| 117.5 | 259.0 | 2 | | | 1 | 1 | 1 |
| 120 | 264.6 | 2 | | 1 | | | |
| 122.5 | 270.1 | 2 | | 1 | | | 1 |
| 125 | 275.6 | 2 | | 1 | | 1 | |
| 127.5 | 281.1 | 2 | | 1 | | 1 | 1 |
| 130 | 286.6 | 2 | 1 | | | | |
| 132.5 | 292.1 | 2 | 1 | | | | 1 |
| 135 | 297.6 | 2 | 1 | | | 1 | |
| 137.5 | 303.1 | 2 | 1 | | | 1 | 1 |
| 140 | 308.6 | 3 | | | | | |
| 142.5 | 314.2 | 3 | | | | | 1 |
| 145 | 319.7 | 3 | | | | 1 | |
| 147.5 | 325.2 | 3 | | | | 1 | 1 |
| 150 | 330.7 | 3 | | | 1 | | |
| 152.5 | 336.2 | 3 | | | 1 | | 1 |
| 155 | 341.7 | 3 | | | 1 | 1 | |
| 157.5 | 347.2 | 3 | | | 1 | 1 | 1 |
| 160 | 352.7 | 3 | | 1 | | | |
| 162.5 | 358.2 | 3 | | 1 | | | 1 |
| 165 | 363.8 | 3 | | 1 | | 1 | |
| 167.5 | 369.3 | 3 | | 1 | | 1 | 1 |
| 170 | 374.8 | 3 | 1 | | | | |
| 172.5 | 380.3 | 3 | 1 | | | | 1 |
| 175 | 385.8 | 3 | 1 | | | 1 | |
| 177.5 | 391.3 | 3 | 1 | | | 1 | 1 |
| 180 | 396.8 | 3 | 1 | | 1 | | |
| 182.5 | 402.3 | 3 | 1 | | 1 | | 1 |
| 185 | 407.9 | 3 | 1 | | 1 | 1 | |
| 187.5 | 413.4 | 3 | 1 | | 1 | 1 | 1 |
| 190 | 418.9 | 3 | 1 | 1 | | | |
| 192.5 | 424.4 | 3 | 1 | 1 | | | 1 |
| 195 | 429.9 | 3 | 1 | 1 | | 1 | |
| 197.5 | 435.4 | 3 | 1 | 1 | | 1 | 1 |
| 200 | 440.9 | 3 | 1 | 1 | 1 | | |
| 202.5 | 446.4 | 3 | 1 | 1 | 1 | | 1 |
| 205 | 451.9 | 3 | 1 | 1 | 1 | 1 | |
| 207.5 | 457.5 | 3 | 1 | 1 | 1 | 1 | 1 |