



LOADINGCHARTS
cause that bar ain't gonna load itself!

465lbs Weight Set w/ 90lbs Fat Grip Bar

| Weight (lbs) | Weight (kgs) | 45 | 25 | 10 | 5 | 2.5 |
|--------------|--------------|----|----|----|---|-----|
| 90 | 40.8 | | | | | |
| 95 | 43.1 | | | | | 1 |
| 100 | 45.4 | | | | 1 | |
| 105 | 47.6 | | | | 1 | 1 |
| 110 | 49.9 | | | 1 | | |
| 115 | 52.2 | | | 1 | | 1 |
| 120 | 54.4 | | | 1 | 1 | |
| 125 | 56.7 | | | 1 | 1 | 1 |
| 130 | 59.0 | | | 2 | | |
| 135 | 61.2 | | | 2 | | 1 |
| 140 | 63.5 | | 1 | | | |
| 145 | 65.8 | | 1 | | | 1 |
| 150 | 68.0 | | 1 | | 1 | |
| 155 | 70.3 | | 1 | | 1 | 1 |
| 160 | 72.6 | | 1 | 1 | | |
| 165 | 74.8 | | 1 | 1 | | 1 |
| 170 | 77.1 | | 1 | 1 | 1 | |
| 175 | 79.4 | | 1 | 1 | 1 | 1 |
| 180 | 81.6 | 1 | | | | |
| 185 | 83.9 | 1 | | | | 1 |
| 190 | 86.2 | 1 | | | 1 | |
| 195 | 88.5 | 1 | | | 1 | 1 |
| 200 | 90.7 | 1 | | 1 | | |
| 205 | 93.0 | 1 | | 1 | | 1 |
| 210 | 95.3 | 1 | | 1 | 1 | |
| 215 | 97.5 | 1 | | 1 | 1 | 1 |
| 220 | 99.8 | 1 | | 2 | | |
| 225 | 102.1 | 1 | | 2 | | 1 |
| 230 | 104.3 | 1 | 1 | | | |
| 235 | 106.6 | 1 | 1 | | | 1 |
| 240 | 108.9 | 1 | 1 | | 1 | |
| 245 | 111.1 | 1 | 1 | | 1 | 1 |
| 250 | 113.4 | 1 | 1 | 1 | | |
| 255 | 115.7 | 1 | 1 | 1 | | 1 |
| 260 | 117.9 | 1 | 1 | 1 | 1 | |
| 265 | 120.2 | 1 | 1 | 1 | 1 | 1 |
| 270 | 122.5 | 2 | | | | |
| 275 | 124.7 | 2 | | | | 1 |

| Weight (lbs) | Weight (kgs) | 45 | 25 | 10 | 5 | 2.5 |
|--------------|--------------|----|----|----|---|-----|
| 280 | 127.0 | 2 | | | 1 | |
| 285 | 129.3 | 2 | | | 1 | 1 |
| 290 | 131.5 | 2 | | 1 | | |
| 295 | 133.8 | 2 | | 1 | | 1 |
| 300 | 136.1 | 2 | | 1 | 1 | |
| 305 | 138.3 | 2 | | 1 | 1 | 1 |
| 310 | 140.6 | 2 | | 2 | | |
| 315 | 142.9 | 2 | | 2 | | 1 |
| 320 | 145.2 | 2 | 1 | | | |
| 325 | 147.4 | 2 | 1 | | | 1 |
| 330 | 149.7 | 2 | 1 | | 1 | |
| 335 | 152.0 | 2 | 1 | | 1 | 1 |
| 340 | 154.2 | 2 | 1 | 1 | | |
| 345 | 156.5 | 2 | 1 | 1 | | 1 |
| 350 | 158.8 | 2 | 1 | 1 | 1 | |
| 355 | 161.0 | 2 | 1 | 1 | 1 | 1 |
| 360 | 163.3 | 3 | | | | |
| 365 | 165.6 | 3 | | | | 1 |
| 370 | 167.8 | 3 | | | 1 | |
| 375 | 170.1 | 3 | | | 1 | 1 |
| 380 | 172.4 | 3 | | 1 | | |
| 385 | 174.6 | 3 | | 1 | | 1 |
| 390 | 176.9 | 3 | | 1 | 1 | |
| 395 | 179.2 | 3 | | 1 | 1 | 1 |
| 400 | 181.4 | 3 | | 2 | | |
| 405 | 183.7 | 3 | | 2 | | 1 |
| 410 | 186.0 | 3 | 1 | | | |
| 415 | 188.2 | 3 | 1 | | | 1 |
| 420 | 190.5 | 3 | 1 | | 1 | |
| 425 | 192.8 | 3 | 1 | | 1 | 1 |
| 430 | 195.0 | 3 | 1 | 1 | | |
| 435 | 197.3 | 3 | 1 | 1 | | 1 |
| 440 | 199.6 | 3 | 1 | 1 | 1 | |
| 445 | 201.9 | 3 | 1 | 1 | 1 | 1 |
| 450 | 204.1 | 3 | 1 | 2 | | |
| 455 | 206.4 | 3 | 1 | 2 | | 1 |
| 460 | 208.7 | 3 | 1 | 2 | 1 | |
| 465 | 210.9 | 3 | 1 | 2 | 1 | 1 |