

20kg Bar + collars = 25kg

# BarLoad Chart: Kilograms

Bar Weight: 25  
Configurations: 204

KGs	LBs	Plates	KGs	LBs	Plates
25	55.12	0	157.5	347.22	25 + 25 + 15 + 1.25
27.5	60.63	1.25	160	352.74	25 + 25 + 15 + 2.5
30	66.14	2.5	162.5	358.25	25 + 25 + 15 + 2.5 + 1.25
32.5	71.65	2.5 + 1.25	165	363.76	25 + 25 + 20
35	77.16	5	167.5	369.27	25 + 25 + 20 + 1.25
37.5	82.67	5 + 1.25	170	374.78	25 + 25 + 20 + 2.5
40	88.18	5 + 2.5	172.5	380.29	25 + 25 + 20 + 2.5 + 1.25
42.5	93.70	5 + 2.5 + 1.25	175	385.81	25 + 25 + 25
45	99.21	10	177.5	391.32	25 + 25 + 25 + 1.25
47.5	104.72	10 + 1.25	180	396.83	25 + 25 + 25 + 2.5
50	110.23	10 + 2.5	182.5	402.34	25 + 25 + 25 + 2.5 + 1.25
52.5	115.74	10 + 2.5 + 1.25	185	407.85	25 + 25 + 25 + 5
55	121.25	15	187.5	413.36	25 + 25 + 25 + 5 + 1.25
57.5	126.76	15 + 1.25	190	418.87	25 + 25 + 25 + 5 + 2.5
60	132.28	15 + 2.5	192.5	424.39	25 + 25 + 25 + 5 + 2.5 + 1.25
62.5	137.79	15 + 2.5 + 1.25	195	429.90	25 + 25 + 25 + 10
65	143.30	20	197.5	435.41	25 + 25 + 25 + 10 + 1.25
67.5	148.81	20 + 1.25	200	440.92	25 + 25 + 25 + 10 + 2.5
70	154.32	20 + 2.5	202.5	446.43	25 + 25 + 25 + 10 + 2.5 + 1.25
72.5	159.83	20 + 2.5 + 1.25	205	451.94	25 + 25 + 25 + 15
75	165.35	25	207.5	457.45	25 + 25 + 25 + 15 + 1.25
77.5	170.86	25 + 1.25	210	462.97	25 + 25 + 25 + 15 + 2.5
80	176.37	25 + 2.5	212.5	468.48	25 + 25 + 25 + 15 + 2.5 + 1.25
82.5	181.88	25 + 2.5 + 1.25	215	473.99	25 + 25 + 25 + 20
85	187.39	25 + 5	217.5	479.50	25 + 25 + 25 + 20 + 1.25
87.5	192.90	25 + 5 + 1.25	220	485.01	25 + 25 + 25 + 20 + 2.5
90	198.41	25 + 5 + 2.5	222.5	490.52	25 + 25 + 25 + 20 + 2.5 + 1.25
92.5	203.93	25 + 5 + 2.5 + 1.25	225	496.04	25 + 25 + 25 + 25
95	209.44	25 + 10	227.5	501.55	25 + 25 + 25 + 25 + 1.25
97.5	214.95	25 + 10 + 1.25	230	507.06	25 + 25 + 25 + 25 + 2.5
100	220.46	25 + 10 + 2.5	232.5	512.57	25 + 25 + 25 + 25 + 2.5 + 1.25
102.5	225.97	25 + 10 + 2.5 + 1.25	235	518.08	25 + 25 + 25 + 25 + 5
105	231.48	25 + 15	237.5	523.59	25 + 25 + 25 + 25 + 5 + 1.25
107.5	236.99	25 + 15 + 1.25	240	529.10	25 + 25 + 25 + 25 + 5 + 2.5
110	242.51	25 + 15 + 2.5	242.5	534.62	25 + 25 + 25 + 25 + 5 + 2.5 + 1.25
112.5	248.02	25 + 15 + 2.5 + 1.25	245	540.13	25 + 25 + 25 + 25 + 10
115	253.53	25 + 20	247.5	545.64	25 + 25 + 25 + 25 + 10 + 1.25
117.5	259.04	25 + 20 + 1.25	250	551.15	25 + 25 + 25 + 25 + 10 + 2.5
120	264.55	25 + 20 + 2.5	252.5	556.66	25 + 25 + 25 + 25 + 10 + 2.5 + 1.25
122.5	270.06	25 + 20 + 2.5 + 1.25	255	562.17	25 + 25 + 25 + 25 + 15
125	275.58	25 + 25	257.5	567.68	25 + 25 + 25 + 25 + 15 + 1.25
127.5	281.09	25 + 25 + 1.25	260	573.20	25 + 25 + 25 + 25 + 15 + 2.5
130	286.60	25 + 25 + 2.5	262.5	578.71	25 + 25 + 25 + 25 + 15 + 2.5 + 1.25
132.5	292.11	25 + 25 + 2.5 + 1.25	265	584.22	25 + 25 + 25 + 25 + 20
135	297.62	25 + 25 + 5	267.5	589.73	25 + 25 + 25 + 25 + 20 + 1.25
137.5	303.13	25 + 25 + 5 + 1.25	270	595.24	25 + 25 + 25 + 25 + 20 + 2.5
140	308.64	25 + 25 + 5 + 2.5	272.5	600.75	25 + 25 + 25 + 25 + 20 + 2.5 + 1.25
142.5	314.16	25 + 25 + 5 + 2.5 + 1.25	275	606.27	25 + 25 + 25 + 25 + 25
145	319.67	25 + 25 + 10	277.5	611.78	25 + 25 + 25 + 25 + 25 + 1.25
147.5	325.18	25 + 25 + 10 + 1.25	280	617.29	25 + 25 + 25 + 25 + 25 + 2.5
150	330.69	25 + 25 + 10 + 2.5	282.5	622.80	25 + 25 + 25 + 25 + 25 + 2.5 + 1.25
152.5	336.20	25 + 25 + 10 + 2.5 + 1.25	285	628.31	25 + 25 + 25 + 25 + 25 + 5
155	341.71	25 + 25 + 15	287.5	633.82	25 + 25 + 25 + 25 + 25 + 5 + 1.25

KGs	LBs	Plates	KGs	LBs	Plates
290	639.33	<u>25 + 25 + 25 + 25 + 25 + 5 + 2.5</u>	422.5	931.44	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 2.5 + 1.25</u>
292.5	644.85	<u>25 + 25 + 25 + 25 + 25 + 5 + 2.5 + 1.25</u>	425	936.96	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25</u>
295	650.36	<u>25 + 25 + 25 + 25 + 25 + 10</u>	427.5	942.47	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 1.25</u>
297.5	655.87	<u>25 + 25 + 25 + 25 + 25 + 10 + 1.25</u>	430	947.98	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 2.5</u>
300	661.38	<u>25 + 25 + 25 + 25 + 25 + 10 + 2.5</u>	432.5	953.49	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 2.5 + 1.25</u>
302.5	666.89	<u>25 + 25 + 25 + 25 + 25 + 10 + 2.5 + 1.25</u>	435	959.00	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 5</u>
305	672.40	<u>25 + 25 + 25 + 25 + 25 + 15</u>	437.5	964.51	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 5 + 1.25</u>
307.5	677.91	<u>25 + 25 + 25 + 25 + 25 + 15 + 1.25</u>	440	970.02	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 5 + 2.5</u>
310	683.43	<u>25 + 25 + 25 + 25 + 25 + 15 + 2.5</u>	442.5	975.54	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 5 + 2.5 + 1.25</u>
312.5	688.94	<u>25 + 25 + 25 + 25 + 25 + 15 + 2.5 + 1.25</u>	445	981.05	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 10</u>
315	694.45	<u>25 + 25 + 25 + 25 + 25 + 20</u>	447.5	986.56	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 10 + 1.25</u>
317.5	699.96	<u>25 + 25 + 25 + 25 + 25 + 20 + 1.25</u>	450	992.07	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 10 + 2.5</u>
320	705.47	<u>25 + 25 + 25 + 25 + 25 + 20 + 2.5</u>	452.5	997.58	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 10 + 2.5 + 1.25</u>
322.5	710.98	<u>25 + 25 + 25 + 25 + 25 + 20 + 2.5 + 1.25</u>	455	1003.09	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 15</u>
325	716.50	<u>25 + 25 + 25 + 25 + 25 + 25</u>	457.5	1008.60	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 15 + 1.25</u>
327.5	722.01	<u>25 + 25 + 25 + 25 + 25 + 25 + 1.25</u>	460	1014.12	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 15 + 2.5</u>
330	727.52	<u>25 + 25 + 25 + 25 + 25 + 25 + 2.5</u>	462.5	1019.63	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 15 + 2.5 + 1.25</u>
332.5	733.03	<u>25 + 25 + 25 + 25 + 25 + 25 + 2.5 + 1.25</u>	465	1025.14	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20</u>
335	738.54	<u>25 + 25 + 25 + 25 + 25 + 25 + 5</u>	467.5	1030.65	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 1.25</u>
337.5	744.05	<u>25 + 25 + 25 + 25 + 25 + 25 + 5 + 1.25</u>	470	1036.16	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 2.5</u>
340	749.56	<u>25 + 25 + 25 + 25 + 25 + 25 + 5 + 2.5</u>	472.5	1041.67	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 2.5 + 1.25</u>
342.5	755.08	<u>25 + 25 + 25 + 25 + 25 + 25 + 5 + 2.5 + 1.25</u>	475	1047.19	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 5</u>
345	760.59	<u>25 + 25 + 25 + 25 + 25 + 25 + 10</u>	477.5	1052.70	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 5 + 1.25</u>
347.5	766.10	<u>25 + 25 + 25 + 25 + 25 + 25 + 10 + 1.25</u>	480	1058.21	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 5 + 2.5</u>
350	771.61	<u>25 + 25 + 25 + 25 + 25 + 25 + 10 + 2.5</u>	482.5	1063.72	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 5 + 2.5 + 1.25</u>
352.5	777.12	<u>25 + 25 + 25 + 25 + 25 + 25 + 10 + 2.5 + 1.25</u>	485	1069.23	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 10</u>
355	782.63	<u>25 + 25 + 25 + 25 + 25 + 25 + 15</u>	487.5	1074.74	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 10 + 1.25</u>
357.5	788.14	<u>25 + 25 + 25 + 25 + 25 + 25 + 15 + 1.25</u>	490	1080.25	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 10 + 2.5</u>
360	793.66	<u>25 + 25 + 25 + 25 + 25 + 25 + 15 + 2.5</u>	492.5	1085.77	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 10 + 2.5 + 1.25</u>
362.5	799.17	<u>25 + 25 + 25 + 25 + 25 + 25 + 15 + 2.5 + 1.25</u>	495	1091.28	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15</u>
365	804.68	<u>25 + 25 + 25 + 25 + 25 + 25 + 20</u>	497.5	1096.79	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 1.25</u>
367.5	810.19	<u>25 + 25 + 25 + 25 + 25 + 25 + 20 + 1.25</u>	500	1102.30	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 2.5</u>
370	815.70	<u>25 + 25 + 25 + 25 + 25 + 25 + 20 + 2.5</u>	502.5	1107.81	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 2.5 + 1.25</u>
372.5	821.21	<u>25 + 25 + 25 + 25 + 25 + 25 + 20 + 2.5 + 1.25</u>	505	1113.32	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 5</u>
375	826.73	<u>25 + 25 + 25 + 25 + 25 + 25 + 25</u>	507.5	1118.83	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 5 + 1.25</u>
377.5	832.24	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 1.25</u>			
380	837.75	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 2.5</u>			
382.5	843.26	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 2.5 + 1.25</u>			
385	848.77	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 5</u>			
387.5	854.28	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 5 + 1.25</u>			
390	859.79	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 5 + 2.5</u>			
392.5	865.31	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 5 + 2.5 + 1.25</u>			
395	870.82	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 10</u>			
397.5	876.33	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 10 + 1.25</u>			
400	881.84	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 10 + 2.5</u>			
402.5	887.35	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 10 + 2.5 + 1.25</u>			
405	892.86	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 15</u>			
407.5	898.37	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 15 + 1.25</u>			
410	903.89	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 15 + 2.5</u>			
412.5	909.40	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 15 + 2.5 + 1.25</u>			
415	914.91	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 20</u>			
417.5	920.42	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 1.25</u>			
420	925.93	<u>25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 2.5</u>			

KGs	LBs	Plates	KGs	LBs	Plates
510	1124.35	$\frac{25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 5 + 2.5}{}$			
512.5	1129.86	$\frac{25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 5 + 2.5 + 1.25}{}$			
515	1135.37	$\frac{25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 10}{}$			
517.5	1140.88	$\frac{25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 10 + 1.25}{}$			
520	1146.39	$\frac{25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 10 + 2.5}{}$			
522.5	1151.90	$\frac{25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 10 + 2.5 + 1.25}{}$			
525	1157.42	$\frac{25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 10 + 5}{}$			
527.5	1162.93	$\frac{25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 10 + 5 + 1.25}{}$			
530	1168.44	$\frac{25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 10 + 5 + 2.5}{}$			
532.5	1173.95	$\frac{25 + 25 + 25 + 25 + 25 + 25 + 25 + 25 + 20 + 15 + 10 + 5 + 2.5 + 1.25}{}$			