Regular Loading Chart Back

Loading Chart — Using 45s (no 35s) — Negligible collar weight

465	(4)45+25+5	675	(7)45
470	(4)45+25+5+2.5	680	(7)45+2.5
475	(4)45+25+10	685	(7)45+5
480	(4)45+25+10+2.5	690	(7)45+5+2.5
485	(4)45+25+10+5	695	(7)45+10
490	(4)45+25+10+5+2.5	700	(7)45+10+2.5
495	(5)45	705	(7)45+10+5
500	(5)45+2.5	710	(7)45+10+5+2.5
505	(5)45+5	715	(7)45+(2)10
510	(5)45+5+2.5	720	(7)45+(2)10+2.5
515	(5)45+10	725	(7)45+25
520	(5)45+10+2.5	730	(7)45+25+2.5
525	(5)45+10+5	735	(7)45+25+5
530	(5)45+10+5+2.5	740	(7)45+25+5+2.5
535	(5)45+(2)10	745	(7)45+25+10
540	(5)45+(2)10+2.5	750	(7)45+25+10+2.5
545	(5)45+25	755	(7)45+25+10+5
550	(5)45+25+2.5	760	(7)45+25+10+5+2.5
555	(5)45+25+5	765	(8)45
560	(5)45+25+5+2.5	770	(8)45+2.5
565	(5)45+25+10	775	(8)45+5
570	(5)45+25+10+2.5	780	(8)45+5+2.5
575	(5)45+25+10+5	785	(8)45+10
580	(5)45+25+10+5+2.5	790	(8)45+10+2.5
585	(6)45	795	(8)45+10+5
590	(6)45+2.5	800	(8)45+10+5+2.5
595	(6)45+5	805	(8)45+(2)10
600	(6)45+5+2.5	810	(8)45+(2)10+2.5
605	(6)45+10	815	(8)45+25
610	(6)45+10+2.5	820	(8)45+25+2.5
615	(6)45+10+5	825	(8)45+25+5
620	(6)45+10+5+2.5	830	(8)45+25+5+2.5
625	(6)45+(2)10	835	(8)45+25+10
630	(6)45+(2)10+2.5	840	(8)45+25+10+2.5
635	(6)45+25	845	(8)45+25+10+5
640	(6)45+25+2.5	850	(8)45+25+10+5+2.5
645	(6)45+25+5	855	(9)45
650	(6)45+25+5+2.5	860	(9)45+2.5
655	(6)45+25+10	865	(9)45+5
660	(6)45+25+10+2.5	870	(9)45+5+2.5
665	(6)45+25+10+5	875	(9)45+10
670	(6)45+25+10+5+2.5	880	(9)45+10+2.5