Regular Loading Chart Front

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

45	collar
50	2.5
55	5
60	5+2.5
65	10
70	10+2.5
75	10+5
80	10+5+2.5
85	(2)10
90	(2)10+2.5
95	25
100	25+2.5
105	25+5
110	25+5+2.5
115	25+10
120	25+10+2.5
125	25+10+5
130	25+10+5+2.5
135	45
140	45+2.5
145	45+5
150	45+5+2.5
155	45+10
160	45+10+2.5
165	45+10+5
170	45+10+5+2.5
175	45+(2)10
180	45+(2)10+2.5
185	45+25
190	45+25+2.5
195	45+25+5
200	45+25+5+2.5
205	45+25+10
210	45+25+10+2.5
215	45+25+10+5
220	45+25+10+5+2.5
225	(2)45
230	(2)45+2.5
235	(2)45+5
240	(2)45+5+2.5
245	(2)45+10
250	(2)45+10+2.5
255	(2)45+10+5
260	(2)45+10+5+2.5
265	(2)45+(2)10
270	(2)45+(2)10+2.5
275	(2)45+25
280	(2)45+25+2.5
285	(2)45+25+5
290	(2)45+25+5+2.5
295	(2)45+25+10
300	(2)45+25+10+2.5
305	(2)45+25+10+5
310	(2)45+25+10+5+2.5
315	(3)45
320	(3)45+2.5
325	(3)45+5
330	(3)45+5+2.5
335	(3)45+10
340	(3)45+10+2.5
345	(3)45+10+5
350	(3)45+10+5+2.5
355	(3)45+(2)10
360	(3)45+(2)10+2.5
365	(3)45+25
370	(3)45+25+2.5
375	(3)45+25+5
380	(3)45+25+5+2.5
385	(3)45+25+10
390	(3)45+25+10+2.5
395	(3)45+25+10+5
400	(3)45+25+10+5+2.5
405	(4)45
410	(4)45+2.5
415	(4)45+5
420	(4)45+5+2.5
425	(4)45+10
430	(4)45+10+2.5
435	(4)45+10+5
440	(4)45+10+5+2.5
445	(4)45+(2)10
450	(4)45+(2)10+2.5
455	(4)45+25
460	(4)45+25+2.5