

# MALE BARBELL LOADING

(Plates on EACH SIDE)

$$65 = 10$$

$$75\text{lbs} = 10 + 5$$

$$85\text{lbs} = 10 + 5 + 5$$

$$95\text{lbs} = 25$$

$$105 = 25 + 5$$

$$115 = 25 + 10$$

$$125 = 25 + 10 + 5$$

$$135 = 45$$

$$145 = 45 + 5$$

$$155 = 45 + 10$$

$$185 = 45 + 25$$

$$205 = 45 + 25 + 10$$

$$225 = 45 + 45$$

$$255 = 45 + 45 + 10 + 5$$

$$275 = 44 + 45 + 25$$

# FEMALE BARBELL LOADING

(Plates on EACH SIDE)

35 = NAKED

45lbs = 5

55lbs = 10

65lbs = 10 + 5

75 = 10 + 5 + 5

85 = 25

95 = 25 + 5

105 = 25 + 10

115 = 25 + 10 + 5

125 = 45

135 = 45 + 5

145 = 45 + 10

155 = 45 + 10 + 5

165 = 45 + 10 + 5 + 5

175 = 44 + 25