



Loading Chart

MASS-LIFT
Powerlifting Network

Pounds to Kilograms with Loading Chart

Pounds	Kilos	Red	Blue	Yellow	Green	White	Black	Silver
LBS	KGS	25	20	15	10	5	2.5	1.25
55.1	25.0	0	0	0	0	0	0	0
60.6	27.5	0	0	0	0	0	0	1
66.1	30.0	0	0	0	0	0	1	0
71.6	32.5	0	0	0	0	0	1	1
77.2	35.0	0	0	0	0	1	0	0
82.7	37.5	0	0	0	0	1	0	1
88.2	40.0	0	0	0	0	1	1	0
93.7	42.5	0	0	0	0	1	1	1
99.2	45.0	0	0	0	1	0	0	0
104.7	47.5	0	0	0	1	0	0	1
110.2	50.0	0	0	0	1	0	1	0
115.7	52.5	0	0	0	1	0	1	1
121.3	55.0	0	0	1	0	0	0	0
126.8	57.5	0	0	1	0	0	0	1
132.3	60.0	0	0	1	0	0	1	0
137.8	62.5	0	0	1	0	0	1	1
143.3	65.0	0	1	0	0	0	0	0
148.8	67.5	0	1	0	0	0	0	1
154.3	70.0	0	1	0	0	0	1	0
159.8	72.5	0	1	0	0	0	1	1
165.3	75.0	1	0	0	0	0	0	0
170.9	77.5	1	0	0	0	0	0	1
176.4	80.0	1	0	0	0	0	1	0
181.9	82.5	1	0	0	0	0	1	1
187.4	85.0	1	0	0	0	1	0	0
192.9	87.5	1	0	0	0	1	0	1
198.4	90.0	1	0	0	0	1	1	0
203.9	92.5	1	0	0	0	1	1	1
209.4	95.0	1	0	0	1	0	0	0
214.9	97.5	1	0	0	1	0	0	1
220.5	100.0	1	0	0	1	0	1	0
226.0	102.5	1	0	0	1	0	1	1
231.5	105.0	1	0	1	0	0	0	0
237.0	107.5	1	0	1	0	0	0	1
242.5	110.0	1	0	1	0	0	1	0
248.0	112.5	1	0	1	0	0	1	1
253.5	115.0	1	1	0	0	0	0	0
259.0	117.5	1	1	0	0	0	0	1
264.6	120.0	1	1	0	0	0	1	0
270.1	122.5	1	1	0	0	0	1	1
275.6	125.0	2	0	0	0	0	0	0
281.1	127.5	2	0	0	0	0	0	1

Weight of bar and collars
25
55.1

Pounds	Kilos	Red	Blue	Yellow	Green	White	Black	Silver
LBS	KGS	25	20	15	10	5	2.5	1.25
286.6	130.0	2	0	0	0	0	1	0
292.1	132.5	2	0	0	0	0	1	1
297.6	135.0	2	0	0	0	1	0	0
303.1	137.5	2	0	0	0	1	0	1
308.6	140.0	2	0	0	0	1	1	0
314.2	142.5	2	0	0	0	1	1	1
319.7	145.0	2	0	0	1	0	0	0
325.2	147.5	2	0	0	1	0	0	1
330.7	150.0	2	0	0	1	0	1	0
336.2	152.5	2	0	0	1	0	1	1
341.7	155.0	2	0	1	0	0	0	0
347.2	157.5	2	0	1	0	0	0	1
352.7	160.0	2	0	1	0	0	1	0
358.2	162.5	2	0	1	0	0	1	1
363.8	165.0	2	1	0	0	0	0	0
369.3	167.5	2	1	0	0	0	0	1
374.8	170.0	2	1	0	0	0	1	0
380.3	172.5	2	1	0	0	0	1	1
385.8	175.0	3	0	0	0	0	0	0
391.3	177.5	3	0	0	0	0	0	1
396.8	180.0	3	0	0	0	0	1	0
402.3	182.5	3	0	0	0	0	1	1
407.9	185.0	3	0	0	0	1	0	0
413.4	187.5	3	0	0	0	1	0	1
418.9	190.0	3	0	0	0	1	1	0
424.4	192.5	3	0	0	0	1	1	1
429.9	195.0	3	0	0	1	0	0	0
435.4	197.5	3	0	0	1	0	0	1
440.9	200.0	3	0	0	1	0	1	0
446.4	202.5	3	0	0	1	0	1	1
451.9	205.0	3	0	1	0	0	0	0
457.5	207.5	3	0	1	0	0	0	1
463.0	210.0	3	0	1	0	0	1	0
468.5	212.5	3	0	1	0	0	1	1
474.0	215.0	3	1	0	0	0	0	0
479.5	217.5	3	1	0	0	0	0	1
485.0	220.0	3	1	0	0	0	1	0
490.5	222.5	3	1	0	0	0	1	1
496.0	225.0	4	0	0	0	0	0	0
501.5	227.5	4	0	0	0	0	0	1
507.1	230.0	4	0	0	0	0	1	0
512.6	232.5	4	0	0	0	0	1	1



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Pounds	Kilos	Red	Blue	Yellow	Green	White	Black	Silver
LBS	KGS	25	20	15	10	5	2.5	1.25
518.1	235.0	4	0	0	0	1	0	0
523.6	237.5	4	0	0	0	1	0	1
529.1	240.0	4	0	0	0	1	1	0
534.6	242.5	4	0	0	0	1	1	1
540.1	245.0	4	0	0	1	0	0	0
545.6	247.5	4	0	0	1	0	0	1
551.2	250.0	4	0	0	1	0	1	0
556.7	252.5	4	0	0	1	0	1	1
562.2	255.0	4	0	1	0	0	0	0
567.7	257.5	4	0	1	0	0	0	1
573.2	260.0	4	0	1	0	0	1	0
578.7	262.5	4	0	1	0	0	1	1
584.2	265.0	4	1	0	0	0	0	0
589.7	267.5	4	1	0	0	0	0	1
595.2	270.0	4	1	0	0	0	1	0
600.8	272.5	4	1	0	0	0	1	1
606.3	275.0	5	0	0	0	0	0	0
611.8	277.5	5	0	0	0	0	0	1
617.3	280.0	5	0	0	0	0	1	0
622.8	282.5	5	0	0	0	0	1	1
628.3	285.0	5	0	0	0	1	0	0
633.8	287.5	5	0	0	0	1	0	1
639.3	290.0	5	0	0	0	1	1	0
644.8	292.5	5	0	0	0	1	1	1
650.4	295.0	5	0	0	1	0	0	0
655.9	297.5	5	0	0	1	0	0	1
661.4	300.0	5	0	0	1	0	1	0
666.9	302.5	5	0	0	1	0	1	1
672.4	305.0	5	0	1	0	0	0	0
677.9	307.5	5	0	1	0	0	0	1
683.4	310.0	5	0	1	0	0	1	0
688.9	312.5	5	0	1	0	0	1	1
694.4	315.0	5	1	0	0	0	0	0
700.0	317.5	5	1	0	0	0	0	1
705.5	320.0	5	1	0	0	0	1	0
711.0	322.5	5	1	0	0	0	1	1
716.5	325.0	6	0	0	0	0	0	0
722.0	327.5	6	0	0	0	0	0	1
727.5	330.0	6	0	0	0	0	1	0
733.0	332.5	6	0	0	0	0	1	1
738.5	335.0	6	0	0	0	1	0	0
744.1	337.5	6	0	0	0	1	0	1

Pounds	Kilos	Red	Blue	Yellow	Green	White	Black	Silver
LBS	KGS	25	20	15	10	5	2.5	1.25
749.6	340.0	6	0	0	0	1	1	0
755.1	342.5	6	0	0	0	1	1	1
760.6	345.0	6	0	0	1	0	0	0
766.1	347.5	6	0	0	1	0	0	1
771.6	350.0	6	0	0	1	0	1	0
777.1	352.5	6	0	0	1	0	1	1
782.6	355.0	6	0	1	0	0	0	0
788.1	357.5	6	0	1	0	0	0	1
793.7	360.0	6	0	1	0	0	1	0
799.2	362.5	6	0	1	0	0	1	1
804.7	365.0	6	1	0	0	0	0	0
810.2	367.5	6	1	0	0	0	0	1
815.7	370.0	6	1	0	0	0	1	0
821.2	372.5	6	1	0	0	0	1	1
826.7	375.0	7	0	0	0	0	0	0
832.2	377.5	7	0	0	0	0	0	1
837.7	380.0	7	0	0	0	0	1	0
843.3	382.5	7	0	0	0	0	1	1
848.8	385.0	7	0	0	0	1	0	0
854.3	387.5	7	0	0	0	1	0	1
859.8	390.0	7	0	0	0	1	1	0
865.3	392.5	7	0	0	0	1	1	1
870.8	395.0	7	0	0	1	0	0	0
876.3	397.5	7	0	0	1	0	0	1
881.8	400.0	7	0	0	1	0	1	0
887.4	402.5	7	0	0	1	0	1	1
892.9	405.0	7	0	1	0	0	0	0
898.4	407.5	7	0	1	0	0	0	1
903.9	410.0	7	0	1	0	0	1	0
909.4	412.5	7	0	1	0	0	1	1
914.9	415.0	7	1	0	0	0	0	0
920.4	417.5	7	1	0	0	0	0	1
925.9	420.0	7	1	0	0	0	1	0
931.4	422.5	7	1	0	0	0	1	1
937.0	425.0	8	0	0	0	0	0	0
942.5	427.5	8	0	0	0	0	0	1
948.0	430.0	8	0	0	0	0	1	0
953.5	432.5	8	0	0	0	0	1	1
959.0	435.0	8	0	0	0	1	0	0
964.5	437.5	8	0	0	0	1	0	1
970.0	440.0	8	0	0	0	1	1	0
975.5	442.5	8	0	0	0	1	1	1



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Pounds	Kilos	Red	Blue	Yellow	Green	White	Black	Silver
		25	20	15	10	5	2.5	1.25
981.0	445.0	8	0	0	1	0	0	0
986.6	447.5	8	0	0	1	0	0	1
992.1	450.0	8	0	0	1	0	1	0
997.6	452.5	8	0	0	1	0	1	1
1003.1	455.0	8	0	1	0	0	0	0
1008.6	457.5	8	0	1	0	0	0	1
1014.1	460.0	8	0	1	0	0	1	0
1019.6	462.5	8	0	1	0	0	1	1
1025.1	465.0	8	1	0	0	0	0	0
1030.7	467.5	8	1	0	0	0	0	1
1036.2	470.0	8	1	0	0	0	1	0
1041.7	472.5	8	1	0	0	0	1	1
1047.2	475.0	9	0	0	0	0	0	0
1052.7	477.5	9	0	0	0	0	0	1
1058.2	480.0	9	0	0	0	0	1	0
1063.7	482.5	9	0	0	0	0	1	1
1069.2	485.0	9	0	0	0	1	0	0
1074.7	487.5	9	0	0	0	1	0	1
1080.3	490.0	9	0	0	0	1	1	0
1085.8	492.5	9	0	0	0	1	1	1
1091.3	495.0	9	0	0	1	0	0	0
1096.8	497.5	9	0	0	1	0	0	1
1102.3	500.0	9	0	0	1	0	1	0
1107.8	502.5	9	0	0	1	0	1	1
1113.3	505.0	9	0	1	0	0	0	0
1118.8	507.5	9	0	1	0	0	0	1
1124.3	510.0	9	0	1	0	0	1	0
1129.9	512.5	9	0	1	0	0	1	1
1135.4	515.0	9	1	0	0	0	0	0
1140.9	517.5	9	1	0	0	0	0	1
1146.4	520.0	9	1	0	0	0	1	0
1151.9	522.5	9	1	0	0	0	1	1
1157.4	525.0	10	0	0	0	0	0	0
1162.9	527.5	10	0	0	0	0	0	1
1168.4	530.0	10	0	0	0	0	1	0
1173.9	532.5	10	0	0	0	0	1	1
1179.5	535.0	10	0	0	0	1	0	0
1185.0	537.5	10	0	0	0	1	0	1
1190.5	540.0	10	0	0	0	1	1	0
1196.0	542.5	10	0	0	0	1	1	1
1201.5	545.0	10	0	0	1	0	0	0
1207.0	547.5	10	0	0	1	0	0	1

Pounds	Kilos	Red	Blue	Yellow	Green	White	Black	Silver
		25	20	15	10	5	2.5	1.25
1212.5	550.0	10	0	0	1	0	1	0
1218.0	552.5	10	0	0	1	0	1	1
1223.6	555.0	10	0	1	0	0	0	0
1229.1	557.5	10	0	1	0	0	0	1
1234.6	560.0	10	0	1	0	0	1	0
1240.1	562.5	10	0	1	0	0	1	1
1245.6	565.0	10	1	0	0	0	0	0
1251.1	567.5	10	1	0	0	0	0	1
1256.6	570.0	10	1	0	0	0	1	0
1262.1	572.5	10	1	0	0	0	1	1
1267.6	575.0	11	0	0	0	0	0	0
1273.2	577.5	11	0	0	0	0	0	1
1278.7	580.0	11	0	0	0	0	1	0
1284.2	582.5	11	0	0	0	0	1	1
1289.7	585.0	11	0	0	0	1	0	0
1295.2	587.5	11	0	0	0	1	0	1
1300.7	590.0	11	0	0	0	1	1	0
1306.2	592.5	11	0	0	0	1	1	1
1311.7	595.0	11	0	0	1	0	0	0
1317.2	597.5	11	0	0	1	0	0	1
1322.8	600.0	11	0	0	1	0	1	0
1328.3	602.5	11	0	0	1	0	1	1
1333.8	605.0	11	0	1	0	0	0	0
1339.3	607.5	11	0	1	0	0	0	1
1344.8	610.0	11	0	1	0	0	1	0
1350.3	612.5	11	0	1	0	0	1	1
1355.8	615.0	11	1	0	0	0	0	0
1361.3	617.5	11	1	0	0	0	0	1
1366.9	620.0	11	1	0	0	0	1	0
1372.4	622.5	11	1	0	0	0	1	1
1377.9	625.0	12	0	0	0	0	0	0
1383.4	627.5	12	0	0	0	0	0	1
1388.9	630.0	12	0	0	0	0	1	0
1394.4	632.5	12	0	0	0	0	1	1
1399.9	635.0	12	0	0	0	1	0	0
1405.4	637.5	12	0	0	0	1	0	1
1410.9	640.0	12	0	0	0	1	1	0
1416.5	642.5	12	0	0	0	1	1	1
1422.0	645.0	12	0	0	1	0	0	0
1427.5	647.5	12	0	0	1	0	0	1
1433.0	650.0	12	0	0	1	0	1	0
1438.5	652.5	12	0	0	1	0	1	1