

# FITOVERFAT

ACHIEVE YOUR FITNESS DREAMS

A printable chart to help you load your weight quickly and easily on a standard 45 pound olympic bar. All plate counts are for each side of the bar.

<http://www.FitOverFat.com/>

Weight (Lbs)	Weight (Kgs)	45	35	25	10	5	2.5
45	20.4						
50	22.7						1
55	24.9					1	
60	27.2					1	1
65	29.5				1		
70	31.8				1		1
75	34.0				1	1	
80	36.3				1	1	1
85	38.6				2		
90	40.8				2		1
95	43.1			1			
100	45.4			1			1
105	47.6			1		1	
110	49.9			1		1	1
115	52.2		1				
120	54.4		1				1
125	56.7		1			1	
130	59.0		1			1	1
135	61.2	1					
140	63.5	1					1
145	65.8	1				1	
150	68.0	1				1	1
155	70.3	1			1		
160	72.6	1			1		1
165	74.8	1			1	1	
170	77.1	1			1	1	1
175	79.4	1			2		
180	81.6	1			2		1
185	83.9	1		1			
190	86.2	1		1			1
195	88.5	1		1		1	
200	90.7	1		1		1	1
205	93.0	1	1				
210	95.3	1	1				1
215	97.5	1	1			1	
220	99.8	1	1			1	1
225	102.1	2					
230	104.3	2					1
235	106.6	2				1	
240	108.9	2				1	1

Weight (Lbs)	Weight (Kgs)	45	35	25	10	5	2.5
245	111.1	2			1		
250	113.4	2			1		1
255	115.7	2			1	1	
260	117.9	2			1	1	1
265	120.2	2			2		
270	122.5	2			2		1
275	124.7	2		1			
280	127.0	2		1			1
285	129.3	2		1		1	
290	131.5	2		1		1	1
295	133.8	2	1				
300	136.1	2	1				1
305	138.3	2	1			1	
310	140.6	2	1			1	1
315	142.9	3					
320	145.1	3					1
325	147.4	3				1	
330	149.7	3				1	1
335	152.0	3			1		
340	154.2	3			1		1
345	156.5	3			1	1	
350	158.8	3			1	1	1
355	161.0	3			2		
360	163.3	3			2		1
365	165.6	3		1			
370	167.8	3		1			1
375	170.1	3		1		1	
380	172.4	3		1		1	1
385	174.6	3	1				
390	176.9	3	1				1
395	179.2	3	1			1	
400	181.4	3	1			1	1
405	183.7	4					
410	186.0	4					1
415	188.2	4				1	
420	190.5	4				1	1
425	192.8	4			1		
430	195.0	4			1		1
435	197.3	4			1	1	
440	199.6	4			1	1	1

Weight (Lbs)	Weight (Kgs)	45	35	25	10	5	2.5
445	201.8	4			2		
450	204.1	4			2		1
455	206.4	4		1			
460	208.7	4		1			1
465	210.9	4		1		1	
470	213.2	4		1		1	1
475	215.5	4	1				
480	217.7	4	1				1
485	220.0	4	1			1	
490	222.3	4	1			1	1
495	224.5	5					
500	226.8	5					1
505	229.1	5				1	
510	231.3	5				1	1
515	233.6	5			1		
520	235.9	5			1		1
525	238.1	5			1	1	
530	240.4	5			1	1	1
535	242.7	5			2		
540	244.9	5			2		1
545	247.2	5		1			
550	249.5	5		1			1
555	251.7	5		1		1	
560	254.0	5		1		1	1
565	256.3	5	1				
570	258.5	5	1				1
575	260.8	5	1			1	
580	263.1	5	1			1	1
585	265.4	6					
590	267.6	6					1
595	269.9	6				1	
600	272.2	6				1	1
605	274.4	6			1		
610	276.7	6			1		1
615	279.0	6			1	1	
620	281.2	6			1	1	1
625	283.5	6			2		
630	285.8	6			2		1
635	288.0	6		1			
640	290.3	6		1			1