



Where Paralympic Journeys Begin

LOGAN UNIVERSITY **LEADERS** *Made*

Loading Chart Metric with 2.5kg Collar





Where Paralympic Journeys Begin

Weight (kgs)	Bar	Collar	50	25	20	15	10	5	2.5	2	1.5	1	0.5
25	x	x											
26	x	x											1
27	x	x										1	
28	x	x									1		
29	x	x								1			
30	x	x							1				
31	x	x							1				1
32	x	x							1			1	
33	x	x							1		1		
34	x	x							1	1			
35	x	x						1					
36	x	x						1					1
37	x	x						1				1	
38	x	x						1			1		
39	x	x						1		1			
40	x	x						1	1				
41	x	x						1	1				1
42	x	x						1	1			1	
43	x	x						1	1		1		
44	x	x						1	1	1			
45	x	x					1						
46	x	x					1						1
47	x	x					1					1	
48	x	x					1				1		
49	x	x					1			1			
50	x	x					1		1				
51	x	x					1		1				1
52	x	x					1		1			1	
53	x	x					1		1		1		
54	x	x					1		1	1			
55	x	x				1							
56	x	x				1							1
57	x	x				1						1	
58	x	x				1					1		
59	x	x				1				1			
60	x	x				1			1				
61	x	x				1			1				1
62	x	x				1			1			1	
63	x	x				1			1		1		
64	x	x				1			1	1			
65	x	x			1								
66	x	x			1								1
67	x	x			1							1	





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Weight (kgs)	Bar	Collar	50	25	20	15	10	5	2.5	2	1.5	1	0.5
68	x	x			1						1		
69	x	x			1					1			
70	x	x			1				1				
71	x	x			1				1				1
72	x	x			1				1			1	
73	x	x			1				1		1		
74	x	x			1				1	1			
75	x	x		1									
76	x	x		1									1
77	x	x		1								1	
78	x	x		1							1		
79	x	x		1						1			
80	x	x		1					1				
81	x	x		1					1				1
82	x	x		1					1			1	
83	x	x		1					1		1		
84	x	x		1					1	1			
85	x	x		1				1					
86	x	x		1				1					1
87	x	x		1				1				1	
88	x	x		1				1			1		
89	x	x		1				1		1			
90	x	x		1				1	1				
91	x	x		1				1	1				1
92	x	x		1				1	1			1	
93	x	x		1				1	1		1		
94	x	x		1				1	1	1			
95	x	x		1			1						
96	x	x		1			1						1
97	x	x		1			1					1	
98	x	x		1			1				1		
99	x	x		1			1			1			
100	x	x		1			1		1				
101	x	x		1			1		1				1
102	x	x		1			1		1			1	
103	x	x		1			1		1		1		
104	x	x		1			1		1	1			
105	x	x		1		1							
106	x	x		1		1							1
107	x	x		1		1						1	
108	x	x		1		1					1		
109	x	x		1		1				1			
110	x	x		1		1			1				



Where Paralympic Journeys Begin

Weight (kgs)	Bar	Collar	50	25	20	15	10	5	2.5	2	1.5	1	0.5
111	x	x		1		1			1				1
112	x	x		1		1			1			1	
113	x	x		1		1			1		1		
114	x	x		1		1			1	1			
115	x	x		1	1								
116	x	x		1	1								1
117	x	x		1	1							1	
118	x	x		1	1						1		
119	x	x		1	1					1			
120	x	x		1	1				1				
121	x	x		1	1				1				1
122	x	x		1	1				1			1	
123	x	x		1	1				1		1		
124	x	x		1	1				1	1			
125	x	x		2									
126	x	x		2									1
127	x	x		2								1	
128	x	x		2							1		
129	x	x		2						1			
130	x	x		2					1				
131	x	x		2					1				1
132	x	x		2					1			1	
133	x	x		2					1		1		
134	x	x		2					1	1			
135	x	x		2				1					
136	x	x		2				1					1
137	x	x		2				1				1	
138	x	x		2				1			1		
139	x	x		2				1		1			
140	x	x		2				1	1				
141	x	x		2				1	1				1
142	x	x		2				1	1			1	
143	x	x		2				1	1		1		
144	x	x		2				1	1	1			
145	x	x		2			1						
146	x	x		2			1						1
147	x	x		2			1					1	
148	x	x		2			1				1		
149	x	x		2			1			1			
150	x	x		2			1		1				
151	x	x		2			1		1				1
152	x	x		2			1		1			1	
153	x	x		2			1		1		1		



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Weight (kgs)	Bar	Collar	50	25	20	15	10	5	2.5	2	1.5	1	0.5
154	x	x		2			1		1	1			
155	x	x		2		1							
156	x	x		2		1							1
157	x	x		2		1						1	
158	x	x		2		1					1		
159	x	x		2		1				1			
160	x	x		2		1			1				
161	x	x		2		1			1				1
162	x	x		2		1			1			1	
163	x	x		2		1			1		1		
164	x	x		2		1			1	1			
165	x	x		2	1								
166	x	x		2	1								1
167	x	x		2	1							1	
168	x	x		2	1						1		
169	x	x		2	1					1			
170	x	x		2	1				1				
171	x	x		2	1				1				1
172	x	x		2	1				1			1	
173	x	x		2	1				1		1		
174	x	x		2	1				1	1			
175	x	x		3									
176	x	x		3									1
177	x	x		3								1	
178	x	x		3							1		
179	x	x		3						1			
180	x	x		3					1				
181	x	x		3					1				1
182	x	x		3					1			1	
183	x	x		3					1		1		
184	x	x		3					1	1			
185	x	x		3				1					
186	x	x		3				1					1
187	x	x		3				1				1	
188	x	x		3				1			1		
189	x	x		3				1		1			
190	x	x		3				1	1				
191	x	x		3				1	1				1
192	x	x		3				1	1			1	
193	x	x		3				1	1		1		
194	x	x		3				1	1	1			
195	x	x		3			1						
196	x	x		3			1						1



Where Paralympic Journeys Begin

Weight (kgs)	Bar	Collar	50	25	20	15	10	5	2.5	2	1.5	1	0.5
197	X	X		3			1					1	
198	X	X		3			1				1		
199	X	X		3			1			1			
200	X	X		3			1		1				
201	X	X		3			1		1				1
202	X	X		3			1		1			1	
203	X	X		3			1		1		1		
204	X	X		3			1		1	1			
205	X	X		3		1							
206	X	X		3		1							1
207	X	X		3		1						1	
208	X	X		3		1					1		
209	X	X		3		1				1			
210	X	X		3		1			1				
211	X	X		3		1			1				1
212	X	X		3		1			1			1	
213	X	X		3		1			1		1		
214	X	X		3		1			1	1			
215	X	X		3	1	1							
216	X	X		3	1								1
217	X	X		3	1							1	
218	X	X		3	1						1		
219	X	X		3	1					1			
220	X	X		3	1				1				
221	X	X		3	1				1				1
222	X	X		3	1				1			1	
223	X	X		3	1				1		1		
224	X	X		3	1				1	1			
225	X	X		4									
226	X	X		4									1
227	X	X		4								1	
228	X	X		4							1		
229	X	X		4						1			
230	X	X		4					1				
231	X	X		4					1				1
232	X	X		4					1			1	
233	X	X		4					1		1		
234	X	X		4					1	1			
235	X	X		4				1					
236	X	X	1	2				1					1
237	X	X	1	2				1				1	
238	X	X	1	2				1			1		
239	X	X	1	2				1		1			



Where Paralympic Journeys Begin

Weight (kgs)	Bar	Collar	50	25	20	15	10	5	2.5	2	1.5	1	0.5
240	x	x	1	2				1	1				
241	x	x	1	2				1	1				1
242	x	x	1	2				1	1			1	
243	x	x	1	2				1	1		1		
244	x	x	1	2				1	1	1			
245	x	x	1	2			1						
246	x	x	1	2			1						1
247	x	x	1	2			1					1	
248	x	x	1	2			1				1		
249	x	x	1	2			1			1			
250	x	x	1	2			1		1				
251	x	x	1	2			1		1				1
252	x	x	1	2			1		1			1	
253	x	x	1	2			1		1		1		
254	x	x	1	2			1		1	1			
255	x	x	1	2		1							
256	x	x	1	2		1							1
257	x	x	1	2		1						1	
258	x	x	1	2		1					1		
259	x	x	1	2		1				1			
260	x	x	1	2		1			1				
261	x	x	1	2		1			1				1
262	x	x	1	2		1			1			1	
263	x	x	1	2		1			1		1		
264	x	x	1	2		1			1	1			
265	x	x	1	2	1								
266	x	x	1	2	1								1
267	x	x	1	2	1							1	
268	x	x	1	2	1						1		
269	x	x	1	2	1					1			
270	x	x	1	2	1				1				
271	x	x	1	2	1				1				1
272	x	x	1	2	1				1			1	
273	x	x	1	2	1				1		1		
274	x	x	1	2	1				1	1			
275	x	x	1	3									
276	x	x	1	3									1
277	x	x	1	3								1	
278	x	x	1	3							1		
279	x	x	1	3						1			
280	x	x	1	3					1				
281	x	x	1	3					1				1
282	x	x	1	3					1			1	



Where Paralympic Journeys Begin

Weight (kgs)	Bar	Collar	50	25	20	15	10	5	2.5	2	1.5	1	0.5
283	x	x	1	3					1		1		
284	x	x	1	3					1	1			
285	x	x	1	3				1					
286	x	x	1	3				1					1
287	x	x	1	3				1				1	
288	x	x	1	3				1			1		
289	x	x	1	3				1		1			
290	x	x	1	3				1	1				
291	x	x	1	3				1	1				1
292	x	x	1	3				1	1			1	
293	x	x	1	3				1	1		1		
294	x	x	1	3				1	1	1			
295	x	x	1	3			1						
296	x	x	1	3			1						1
297	x	x	1	3			1					1	
298	x	x	1	3			1				1		
299	x	x	1	3			1			1			
300	x	x	1	3			1		1				
301	x	x	1	3			1		1				1
302	x	x	1	3			1		1			1	
303	x	x	1	3			1		1		1		
304	x	x	1	3			1		1	1			
305	x	x	1	3		1							
306	x	x	2	1		1							1
307	x	x	2	1		1						1	
308	x	x	2	1		1					1		
309	x	x	2	1		1				1			
310	x	x	2	1		1			1				
311	x	x	2	1		1			1				1
312	x	x	2	1		1			1			1	
313	x	x	2	1		1			1		1		
314	x	x	2	1		1			1	1			
315	x	x	2	1	1								
316	x	x	2	1	1								1
317	x	x	2	1	1							1	
318	x	x	2	1	1						1		
319	x	x	2	1	1					1			
320	x	x	2	1	1				1				
321	x	x	2	1	1				1				1
322	x	x	2	1	1				1			1	
323	x	x	2	1	1				1		1		
324	x	x	2	1	1				1	1			
325	x	x	2	2									