



Where Paralympic Journeys Begin

LOGAN UNIVERSITY **LEADERS** *Made*

Loading Chart – Metric No 2.5kg Collar



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Weight (kgs)	Bar	Collar	50	25	20	15	10	5	2.5	2	1.5	1	0.5
20	X												
21	X												1
22	X											1	
23	X										1		
24	X									1			
25	X								1				
26	X								1				1
27	X								1			1	
28	X								1		1		
29	X								1	1			
30	X							1					
31	X							1					1
32	X							1				1	
33	X							1			1		
34	X							1		1			
35	X							1	1				
36	X							1	1				1
37	X							1	1			1	
38	X							1	1		1		
39	X							1	1	1			
40	X						1						
41	X						1						1
42	X						1					1	
43	X						1				1		
44	X						1			1			
45	X						1		1				
46	X						1		1				1
47	X						1		1			1	
48	X						1		1		1		
49	X						1		1	1			
50	X					1							
51	X					1							1
52	X					1						1	
53	X					1					1		
54	X					1				1			
55	X					1			1				
56	X					1			1				1
57	X					1			1			1	
58	X					1			1		1		
59	X					1			1	1			
60	X				1								





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Weight (kgs)	Bar	Collar	50	25	20	15	10	5	2.5	2	1.5	1	0.5
61	X				1								1
62	X				1							1	
63	X				1						1		
64	X				1					1			
65	X				1				1				
66	X				1				1				1
67	X				1				1			1	
68	X				1				1		1		
69	X				1				1	1			
70	X			1									
71	X			1									1
72	X			1								1	
73	X			1							1		
74	X			1						1			
75	X			1					1				
76	X			1					1				1
77	X			1					1			1	
78	X			1					1		1		
79	X			1					1	1			
80	X			1				1					
81	X			1				1					1
82	X			1				1				1	
83	X			1				1			1		
84	X			1				1		1			
85	X			1				1	1				
86	X			1				1	1				1
87	X			1				1	1			1	
88	X			1				1	1		1		
89	X			1				1	1	1			
90	X			1			1						
91	X			1			1						1
92	X			1			1					1	
93	X			1			1				1		
94	X			1			1			1			
95	X			1			1		1				
96	X			1			1		1				1
97	X			1			1		1			1	
98	X			1			1		1		1		
99	X			1			1		1	1			
100	X			1		1							
101	X			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
102	x			1		1						1	
103	x			1		1					1		
104	x			1		1				1			
105	x			1		1			1				
106	x			1		1			1				1
107	x			1		1			1			1	
108	x			1		1			1		1		
109	x			1		1			1	1			
110	x			1	1								
111	x			1	1								1
112	x			1	1							1	
113	x			1	1						1		
114	x			1	1					1			
115	x			1	1				1				
116	x			1	1				1				1
117	x			1	1				1			1	
118	x			1	1				1		1		
119	x			1	1				1	1			
120	x		1										
121	x		1										1
122	x		1									1	
123	x		1								1		
124	x		1							1			
125	x		1						1				
126	x		1						1				1
127	x		1						1			1	
128	x		1						1		1		
129	x		1						1	1			
130	x		1					1					
131	x		1					1					1
132	x		1					1				1	
133	x		1					1			1		
134	x		1					1		1			
135	x		1					1	1				
136	x		1					1	1				1
137	x		1					1	1			1	
138	x		1					1	1		1		
139	x		1					1	1	1			
140	x		1				1						
141	x		1				1						1
142	x		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
143	X		1				1				1		
144	X		1				1			1			
145	X		1				1		1				
146	X		1				1		1				1
147	X		1				1		1			1	
148	X		1				1		1		1		
149	X		1				1		1	1			
150	X		1			1							
151	X		1			1							1
152	X		1			1						1	
153	X		1			1					1		
154	X		1			1				1			
155	X		1			1			1				
156	X		1			1			1				1
157	X		1			1			1			1	
158	X		1			1			1		1		
159	X		1			1			1	1			
160	X		1		1								
161	X		1		1								1
162	X		1		1							1	
163	X		1		1						1		
164	X		1		1					1			
165	X		1		1				1				
166	X		1		1				1				1
167	X		1		1				1			1	
168	X		1		1				1				
169	X		1		1				1	1			
170	X		1	1									
171	X		1	1									1
172	X		1	1								1	
173	X		1	1							1		
174	X		1	1						1			
175	X		1	1					1				
176	X		1	1					1				1
177	X		1	1					1			1	
178	X		1	1					1		1		
179	X		1	1					1	1			
180	X		1	1				1					
181	X		1	1				1					1
182	X		1	1				1				1	
183	X		1	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
184	X		1	1				1		1			
185	X		1	1				1	1				
186	X		1	1				1	1				1
187	X		1	1				1	1			1	
188	X		1	1				1	1		1		
189	X		1	1				1	1	1			
190	X		1	1			1						
191	X		1	1			1						1
192	X		1	1			1					1	
193	X		1	1			1				1		
194	X		1	1			1			1			
195	X		1	1			1		1				
196	X		1	1			1		1				1
197	X		1	1			1		1			1	
198	X		1	1			1		1		1		
199	X		1	1			1		1	1			
200	X		1	1		1							
201	X		1	1		1							1
202	X		1	1		1						1	
203	X		1	1		1					1		
204	X		1	1		1				1			
205	X		1	1		1			1				
206	X		1	1		1			1				1
207	X		1	1		1			1			1	
208	X		1	1		1			1		1		
209	X		1	1		1			1	1			
210	X		1	1	1								
211	X		1	1	1								1
212	X		1	1	1							1	
213	X		1	1	1						1		
214	X		1	1	1					1			
215	X		1	1	1				1				
216	X		1	1	1				1				1
217	X		1	1	1				1			1	
218	X		1	1	1				1		1		
219	X		1	1	1				1	1			
220	X		2										
221	X		2										1
222	X		2									1	
223	X		2								1		
224	X		2							1			



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Weight (kgs)	Bar	Collar	50	25	20	15	10	5	2.5	2	1.5	1	0.5
225	x		2						1				
226	x		2						1				1
227	x		2						1			1	
228	x		2						1		1		
229	x		2						1	1			
230	x		2					1					
231	x		2					1					1
232	x		2					1				1	
233	x		2					1			1		
234	x		2					1		1			
235	x		2					1	1				
236	x		2					1	1				1
237	x		2					1	1			1	
238	x		2					1	1		1		
239	x		2					1	1	1			
240	x		2				1						
241	x		2				1						1
242	x		2				1					1	
243	x		2				1				1		
244	x		2				1			1			
245	x		2				1		1				
246	x		2				1		1				1
247	x		2				1		1			1	
248	x		2				1		1		1		
249	x		2				1		1	1			
250	x		2			1							
251	x		2			1							1
252	x		2			1						1	
253	x		2			1					1		
254	x		2			1				1			
255	x		2			1			1				
256	x		2			1			1				1
257	x		2			1			1			1	
258	x		2			1			1		1		
259	x		2			1			1	1			
260	x		2		1								
261	x		2		1								1
262	x		2		1							1	
263	x		2		1						1		
264	x		2		1					1			
265	x		2		1				1				



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Weight (kgs)	Bar	Collar	50	25	20	15	10	5	2.5	2	1.5	1	0.5
266	x		2		1				1				1
267	x		2		1				1			1	
268	x		2		1				1		1		
269	x		2		1				1	1			
270	x		2	1									
271	x		2	1									1
272	x		2	1								1	
273	x		2	1							1		
274	x		2	1						1			
275	x		2	1					1				
276	x		2	1					1				1
277	x		2	1					1			1	
278	x		2	1					1		1		
279	x		2	1					1	1			
280	x		2	1				1					
281	x		2	1				1					1
282	x		2	1				1				1	
283	x		2	1				1			1		
284	x		2	1				1		1			
285	x		2	1				1	1				
286	x		2	1				1	1				1
287	x		2	1				1	1			1	
288	x		2	1				1	1		1		
289	x		2	1				1	1	1			
290	x		2	1			1						
291	x		2	1			1						1
292	x		2	1			1					1	
293	x		2	1			1				1		
294	x		2	1			1			1			
295	x		2	1			1		1				
296	x		2	1			1		1				1
297	x		2	1			1		1			1	
298	x		2	1			1		1		1		
299	x		2	1			1		1	1			
300	x		2	1		1							
301	x		2	1		1							1
302	x		2	1		1						1	
303	x		2	1		1					1		
304	x		2	1		1				1			
305	x		2	1		1			1				
306	x		2	1		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
307	x		2	1		1			1			1	
308	x		2	1		1			1		1		
309	x		2	1		1			1	1			
310	x		2	1	1								
311	x		2	1	1								1
312	x		2	1	1							1	
313	x		2	1	1						1		
314	x		2	1	1					1			
315	x		2	1	1				1				
316	x		2	1	1				1				1
317	x		2	1	1				1			1	
318	x		2	1	1				1		1		
319	x		2	1	1				1	1			
320	x		3										
321	x		3										1
322	x		3									1	
323	x		3								1		
324	x		3							1			
325	x		3						1				