



Where Paralympic Journeys Begin



LOADING CHART – STANDARED NO COLLAR





Where Paralympic Journeys Begin

Weight (lbs)	Bar	Collar	45	25	10	5	2.5
45	x						
50	x						1
55	x					1	
60	x					1	1
65	x				1		
70	x				1		1
75	x				1	1	
80	x				1	1	1
85	x				2		
90	x				2		1
95	x			1			
100	x			1			1
105	x			1		1	
110	x			1		1	1
115	x			1	1		
120	x			1	1		1
125	x			1	1	1	
130	x			1	1	1	1
135	x		1				
140	x		1				1
145	x		1			1	
150	x		1			1	1
155	x		1		1		
160	x		1		1		1
165	x		1		1	1	
170	x		1		1	1	1
175	x		1		2		
180	x		1		2		1
185	x		1	1			
190	x		1	1			1
195	x		1	1		1	
200	x		1	1		1	1



LOGAN UNIVERSITY **LEADERS** *Made*

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Weight (lbs)	Bar	Collar	45	25	10	5	2.5
205	x		1	1	1		
210	x		1	1	1		1
215	x		1	1	1	1	
220	x		1	1	1	1	1
225	x		2				
230	x		2				1
235	x		2			1	
240	x		2			1	1
245	x		2		1		
250	x		2		1		1
255	x		2		1	1	
260	x		2		1	1	1
265	x		2		2		
270	x		2		2		1
275	x		2	1			
280	x		2	1			1
285	x		2	1		1	
290	x		2	1		1	1
295	x		2	1	1		
300	x		2	1	1		1
305	x		2	1	1	1	
310	x		2	1	1	1	1
315	x		3				
320	x		3				1
325	x		3			1	
330	x		3			1	1
335	x		3		1		
340	x		3		1		1
345	x		3		1	1	
350	x		3		1	1	1
355	x		3		2		
360	x		3		2		1



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Weight (lbs)	Bar	Collar	45	25	10	5	2.5
365	x		3	1			
370	x		3	1			1
375	x		3	1		1	
380	x		3	1		1	1
385	x		3	1	1		
390	x		3	1	1		1
395	x		3	1	1	1	
400	x		3	1	1	1	1
405	x		4				
410	x		4				1
415	x		4			1	
420	x		4			1	1
425	x		4		1		
430	x		4		1		1
435	x		4		1	1	
440	x		4		1	1	1
445	x		4		2		
450	x		4		2		1
455	x		4	1			
460	x		4	1			1
465	x		4	1		1	
470	x		4	1		1	1
475	x		4	1	1		
480	x		4	1	1		1
485	x		4	1	1	1	
490	x		4	1	1	1	1
495	x		5				
500	x		5				1
505	x		5			1	
510	x		5			1	1
515	x		5		1		
520	x		5		1		1



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Weight (lbs)	Bar	Collar	45	25	10	5	2.5
525	x		5		1	1	
530	x		5		1	1	1
535	x		5		2		
540	x		5		2		1
545	x		5	1			
550	x		5	1			1
555	x		5	1		1	
560	x		5	1		1	1
565	x		5	1	1		
570	x		5	1	1		1
575	x		5	1	1	1	
580	x		5	1	1	1	1
585	x		5	1	2		
590	x		5	1	2		1
595	x		5	1	2	1	
600	x		5	1	2	1	1