

Barbell plate-loading chart

Plates for one side of a 20 kg bar. Load the same on both sides. Plates: 25, 20, 15, 10, 5, 2.5 and 1.25 kg.

Total	Each side	Total	Each side	Total	Each side
40	10	102.5	25 + 15 + 1.25	165	2×25 + 20 + 2.5
42.5	10 + 1.25	105	25 + 15 + 2.5	167.5	2×25 + 20 + 2.5 + 1.25
45	10 + 2.5	107.5	25 + 15 + 2.5 + 1.25	170	3×25
47.5	10 + 2.5 + 1.25	110	25 + 20	172.5	3×25 + 1.25
50	15	112.5	25 + 20 + 1.25	175	3×25 + 2.5
52.5	15 + 1.25	115	25 + 20 + 2.5	177.5	3×25 + 2.5 + 1.25
55	15 + 2.5	117.5	25 + 20 + 2.5 + 1.25	180	3×25 + 5
57.5	15 + 2.5 + 1.25	120	2×25	182.5	3×25 + 5 + 1.25
60	20	122.5	2×25 + 1.25	185	3×25 + 5 + 2.5
62.5	20 + 1.25	125	2×25 + 2.5	187.5	3×25 + 5 + 2.5 + 1.25
65	20 + 2.5	127.5	2×25 + 2.5 + 1.25	190	3×25 + 10
67.5	20 + 2.5 + 1.25	130	2×25 + 5	192.5	3×25 + 10 + 1.25
70	25	132.5	2×25 + 5 + 1.25	195	3×25 + 10 + 2.5
72.5	25 + 1.25	135	2×25 + 5 + 2.5	197.5	3×25 + 10 + 2.5 + 1.25
75	25 + 2.5	137.5	2×25 + 5 + 2.5 + 1.25	200	3×25 + 15
77.5	25 + 2.5 + 1.25	140	2×25 + 10	202.5	3×25 + 15 + 1.25
80	25 + 5	142.5	2×25 + 10 + 1.25	205	3×25 + 15 + 2.5
82.5	25 + 5 + 1.25	145	2×25 + 10 + 2.5	207.5	3×25 + 15 + 2.5 + 1.25
85	25 + 5 + 2.5	147.5	2×25 + 10 + 2.5 + 1.25	210	3×25 + 20
87.5	25 + 5 + 2.5 + 1.25	150	2×25 + 15	212.5	3×25 + 20 + 1.25
90	25 + 10	152.5	2×25 + 15 + 1.25	215	3×25 + 20 + 2.5
92.5	25 + 10 + 1.25	155	2×25 + 15 + 2.5	217.5	3×25 + 20 + 2.5 + 1.25
95	25 + 10 + 2.5	157.5	2×25 + 15 + 2.5 + 1.25	220	4×25
97.5	25 + 10 + 2.5 + 1.25	160	2×25 + 20		
100	25 + 15	162.5	2×25 + 20 + 1.25		

All weights in kg. Different bar or plates? bodywise.io/hub/tools/barbell-warm-up-calculator