

REGULATION TO 3.3.3.11

LOADING CHART

MEN'S BARBELL

26 kg	0.5, collar	56 kg	15, .5, collar
27 kg	1, collar	57 kg	15, 1, collar
28 kg	1.5, collar	58 kg	15, 1.5, collar
29 kg	2, collar	59 kg	15, 2, collar
30 kg	2.5, collar	60 kg	15, 2.5, collar
31 kg	2.5, .5, collar	61 kg	15, 2.5, .5, collar
32 kg	2.5, 1, collar	62 kg	15, 2.5, 1, collar
33 kg	2.5, 1.5, collar	63 kg	15, 2.5, 1 .5, collar
34 kg	2.5, 2, Collar	64 kg	15, 2.5, 2, collar
35 kg	5, collar	65 kg	20, collar
36 kg	5, .5, collar	66 kg	20, .5, collar
37 kg	5, 1, collar	67 kg	20, 1, collar
38 kg	5, 1.5, collar	68 kg	20, 1.5, collar
39 kg	5, 2, collar	69 kg	20, 2, collar
40 kg	5, 2.5, collar	70 kg	20, 2.5, collar
41 kg	5, 2.5, .5, collar	71 kg	20, 2.5, .5, collar
42 kg	5, 2.5, 1, collar	72 kg	20, 2.5, 1, collar
43 kg	5, 2.5, 1.5, collar	73 kg	20, 2.5, 1.5, collar
44 kg	5, 2.5, 2, collar	74 kg	20, 2.5, 2, collar
45 kg	10, collar	75 kg	25, collar
46 kg	10, .5, collar	76 kg	25, .5, collar
47 kg	10, 1, collar	77 kg	25, 1, collar
48 kg	10, 1 .5, collar	78 kg	25, 1.5, collar
49 kg	10, 2, collar	79 kg	25, 2, collar
50 kg	10, 2.5, collar	80 kg	25, 2.5, collar
51 kg	10, 2.5, .5, collar	81 kg	25, 2.5, .5, collar
52 kg	10, 2.5, 1, collar	82 kg	25, 2.5, 1, collar
53 kg	10, 2.5, 1.5, collar	83 kg	25, 2.5, 1.5, collar
54 kg	10, 2.5, 2, collar	84 kg	25, 2.5, 2, collar
55 kg	15, collar	85 kg	25, 5, collar

86 kg	25, 5, .5, collar	122 kg	25, 20, 2 .5, 1, collar
87 kg	25, 5, 1, collar	123 kg	25, 20, 2.5, 1.5, collar
88 kg	25, 5, 1.5, collar	124 kg	25, 20, 2.5, 2, collar
89 kg	25, 5, 2, collar	125 kg	25, 25, collar
90 kg	25, 5, 2.5, collar	126 kg	25, 25, .5, collar
91 kg	25, 5, 2.5, .5, collar	127 kg	25, 25, 1, collar
92 kg	25, 5, 2.5, 1, collar	128 kg	25, 25, 1.5, collar
93 kg	25, 5, 2.5, 1.5, collar	129 kg	25, 25, 2, collar
94 kg	25, 5, 2.5, 2, collar	130 kg	25, 25, 2.5, collar
95 kg	25, 10, collar	131 kg	25, 25, 2.5, .5, collar
96 kg	25, 10, .5, collar	132 kg	25, 25, 2.5, 1, collar
97 kg	25, 10, 1, collar	133 kg	25, 25, 2.5, 1.5, collar
98 kg	25, 10, 1.5, collar	134 kg	25, 25, 2.5, 2, collar
99 kg	25, 10, 2, collar	135 kg	25, 25, 5, collar
100 kg	25, 10, 2 .5, collar	136 kg	25, 25, 5, .5, collar
101 kg	25, 10, 2.5, .5, collar	137 kg	25, 25, 5, 1, collar
102 kg	25, 10, 2.5, 1, collar	138 kg	25, 25, 5, 1.5, collar
103 kg	25, 10, 2 .5, 1.5, collar	139 kg	25, 25, 5, 2, collar
104 kg	25, 10, 2.5, 2, collar	140 kg	25, 25, 5, 2.5, collar
105 kg	25, 15, collar	141 kg	25, 25, 5, 2.5, .5, collar
106 kg	25, 15, .5, collar	142 kg	25, 25, 5, 2.5, 1, collar
107 kg	25, 15, 1, collar	143 kg	25, 25, 5, 2.5, 1.5, collar
108 kg	25, 15, 1.5, collar	144 kg	25, 25, 5, 2.5, 2, collar
109 kg	25, 15, 2, collar	145 kg	25, 25, 10, collar
110 kg	25, 15, 2.5, collar	146 kg	25, 25, 10, .5, collar
111 kg	25, 15, 2.5, .5, collar	147 kg	25, 25, 10, 1, collar
112 kg	25, 15, 2 .5, 1, collar	148 kg	25, 25, 10, 1.5, collar
113 kg	25, 15, 2 .5, 1 .5, collar	149 kg	25, 25, 10, 2, collar
114 kg	25, 15, 2 .5, 2, collar	150 kg	25, 25, 10, 2.5, collar
115 kg	25, 20, collar	151 kg	25, 25, 10, 2.5, .5, collar
116 kg	25, 20, .5, collar	152 kg	25, 25, 10, 2.5, 1, collar
117 kg	25, 20, 1, collar	153 kg	25, 25, 10, 2.5, 1.5, collar
118 kg	25, 20, 1 .5, collar	154 kg	25, 25, 10, 2.5, 2, collar
119 kg	25, 20, 2, collar	155 kg	25, 25, 15, collar
120 kg	25, 20, 2 .5, collar	156 kg	25, 25, 15, .5, collar
121 kg	25, 20, 2 .5, .5, collar	157 kg	25, 25, 15, 1, collar

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158 kg	25, 25, 15, 1.5, collar	194 kg	25, 25, 25, 5, 2.5, 2, collar
159 kg	25, 25, 15, 2, collar	195 kg	25, 25, 25, 10, collar
160 kg	25, 25, 15, 2.5, collar	196 kg	25, 25, 25, 10, .5, collar
161 kg	25, 25, 15, 2.5, .5, collar	197 kg	25, 25, 25, 10, 1, collar
162 kg	25, 25, 15, 2.5, 1, collar	198 kg	25, 25, 25, 10, 1.5, collar
163 kg	25, 25, 15, 2.5, 1.5, collar	199 kg	25, 25, 25, 10, 2, collar
164 kg	25, 25, 15, 2.5, 2, collar	200 kg	25, 25, 25, 10, 2.5, collar
165 kg	25, 25, 20, collar	201 kg	25, 25, 25, 10, 2.5, .5, collar
166 kg	25, 25, 20, .5, collar	202 kg	25, 25, 25, 10, 2.5, 1, collar
167 kg	25, 25, 20, 1, collar	203 kg	25, 25, 25, 10, 2.5, 1.5, collar
168 kg	25, 25, 20, 1.5, collar	204 kg	25, 25, 25, 10, 2.5, 2, collar
169 kg	25, 25, 20, 2, collar	205 kg	25, 25, 25, 15, collar
170 kg	25, 25, 20, 2.5, collar	206 kg	25, 25, 25, 15, .5, collar
171 kg	25, 25, 20, 2.5, .5, collar	207 kg	25, 25, 25, 15, 1, collar
172 kg	25, 25, 20, 2.5, 1, collar	208 kg	25, 25, 25, 15, 1.5, collar
173 kg	25, 25, 20, 2.5, 1.5, collar	209 kg	25, 25, 25, 15, 2, collar
174 kg	25, 25, 20, 2.5, 2, collar	210 kg	25, 25, 25, 15, 2.5, collar
175 kg	25, 25, 25, collar	211 kg	25, 25, 25, 15, 2.5, .5, collar
176 kg	25, 25, 25, .5, collar	212 kg	25, 25, 25, 15, 2.5, 1, collar
177 kg	25, 25, 25, 1, collar	213 kg	25, 25, 25, 15, 2.5, 1.5, collar
178 kg	25, 25, 25, 1.5, collar	214 kg	25, 25, 25, 15, 2.5, 2, collar
179 kg	25, 25, 25, 2, collar	215 kg	25, 25, 25, 20, collar
180 kg	25, 25, 25, 2.5, collar	216 kg	25, 25, 25, 20, .5, collar
181 kg	25, 25, 25, 2.5, .5, collar	217 kg	25, 25, 25, 20, 1, collar
182 kg	25, 25, 25, 2.5, 1, collar	218 kg	25, 25, 25, 20, 1.5, collar
183 kg	25, 25, 25, 2.5, 1.5, collar	219 kg	25, 25, 25, 20, 2, collar
184 kg	25, 25, 25, 2.5, 2, collar	220 kg	25, 25, 25, 20, 2.5, collar
185 kg	25, 25, 25, 5, collar	221 kg	25, 25, 25, 20, 2.5, .5, collar
186 kg	25, 25, 25, 5, .5, collar	222 kg	25, 25, 25, 20, 2.5, 1, collar
187 kg	25, 25, 25, 5, 1, collar	223 kg	25, 25, 25, 20, 2.5, 1.5, collar
188 kg	25, 25, 25, 5, 1 .5, collar	224 kg	25, 25, 25, 20, 2.5, 2, collar
189 kg	25, 25, 25, 5, 2, collar	225 kg	25, 25, 25, 25, collar
190 kg	25, 25, 25, 5, 2.5, collar	226 kg	25, 25, 25, 25, .5, collar
191 kg	25, 25, 25, 5, 2.5, .5, collar	227 kg	25, 25, 25, 25, 1, collar
192 kg	25, 25, 25, 5, 2.5, 1, collar	228 kg	25, 25, 25, 25, 1.5, collar
193 kg	25, 25, 25, 5, 2.5, 1.5, collar	229 kg	25, 25, 25, 25, 2, collar

230 kg 25, 25, 25, 25, 2.5, collar

231 kg 25, 25, 25, 25, 2.5, .5, collar

232 kg 25, 25, 25, 25, 2.5, 1, collar

233 kg 25, 25, 25, 25, 2.5, 1.5, collar

234 kg 25, 25, 25, 25, 2.5, 2, collar

235 kg 25, 25, 25, 25, 5, collar

236 kg 25, 25, 25, 25, 5, .5, collar

237 kg 25, 25, 25, 25, 5, 1, collar

238 kg 25, 25, 25, 25, 5, 1.5, collar

239 kg 25, 25, 25, 25, 5, 2, collar

240 kg 25, 25, 25, 25, 5, 2.5, collar

241 kg 25, 25, 25, 25, 5, 2.5, .5, collar

242 kg 25, 25, 25, 25, 5, 2.5, 1, collar

243 kg 25, 25, 25, 25, 5, 2.5, 1.5, collar

244 kg 25, 25, 25, 25, 5, 2.5, 2, collar

245 kg 25, 25, 25, 25, 10, collar

246 kg 25, 25, 25, 25, 10, .5, collar

247 kg 25, 25, 25, 25, 10, 1, collar

248 kg 25, 25, 25, 25, 10, 1.5, collar

249 kg 25, 25, 25, 25, 10, 2, collar

250 kg 25, 25, 25, 25, 10, 2.5, collar

251 kg 25, 25, 25, 25, 10, 2.5, .5, collar

252 kg 25, 25, 25, 25, 10, 2.5, 1, collar

253 kg 25, 25, 25, 25, 10, 2.5, 1.5, collar

254 kg 25, 25, 25, 25, 10, 2.5, 2, collar

255 kg 25, 25, 25, 25, 15, collar

256 kg 25, 25, 25, 25, 15, .5, collar

257 kg 25, 25, 25, 25, 15, 1, collar

258 kg 25, 25, 25, 25, 15, 1.5, collar

259 kg 25, 25, 25, 25, 15, 2, collar

260 kg 25, 25, 25, 25, 15, 2.5, collar

261 kg 25, 25, 25, 25, 15, 2.5, .5, collar

262 kg 25, 25, 25, 25, 15, 2.5, 1, collar

263 kg 25, 25, 25, 25, 15, 2.5, 1.5, collar

264 kg 25, 25, 25, 25, 15, 2.5, 2, collar

265 kg 25, 25, 25, 25, 20, collar

266 kg 25, 25, 25, 25, 20, .5, collar

267 kg 25, 25, 25, 25, 20, 1, collar

268 kg 25, 25, 25, 25, 20, 1.5, collar

269 kg 25, 25, 25, 25, 20, 2, collar

270 kg 25, 25, 25, 25, 20, 2.5, collar

WOMEN'S BARBELL

21 kg	0.5, collar	55 kg	15, 2.5, collar
22 kg	1, collar	56 kg	15, 2.5, .5, collar
23 kg	1.5, collar	57 kg	15, 2.5, 1, collar
24 kg	2, collar	58 kg	15, 2.5, 1 .5, collar
25 kg	2.5, collar	59 kg	15, 2.5, 2, collar
26 kg	2.5, .5, collar	60 kg	20, collar
27 kg	2.5, 1, collar	61 kg	20, .5, collar
28 kg	2.5, 1.5, collar	62 kg	20, 1, collar
29 kg	2.5, 2, Collar	63 kg	20, 1.5, collar
30 kg	5, collar	64 kg	20, 2, collar
31 kg	5, .5, collar	65 kg	20, 2.5, collar
32 kg	5, 1, collar	66 kg	20, 2.5, .5, collar
33 kg	5, 1.5, collar	67 kg	20, 2.5, 1, collar
34 kg	5, 2, collar	68 kg	20, 2.5, 1.5, collar
35 kg	5, 2.5, collar	69 kg	20, 2.5, 2, collar
36 kg	5, 2.5, .5, collar	70 kg	25, collar
37 kg	5, 2.5, 1, collar	71 kg	25, .5, collar
38 kg	5, 2.5, 1.5, collar	72 kg	25, 1, collar
39 kg	5, 2.5, 2, collar	73 kg	25, 1.5, collar
40 kg	10, collar	74 kg	25, 2, collar
41 kg	10, .5, collar	75 kg	25, 2.5, collar
42 kg	10, 1, collar	76 kg	25, 2.5, .5, collar
43 kg	10, 1 .5, collar	77 kg	25, 2.5, 1, collar
44 kg	10, 2, collar	78 kg	25, 2.5, 1.5, collar
45 kg	10, 2.5, collar	79 kg	25, 2.5, 2, collar
46 kg	10, 2.5, .5, collar	80 kg	25, 5, collar
47 kg	10, 2.5, 1, collar	81 kg	25, 5, .5, collar
48 kg	10, 2.5, 1.5, collar	82 kg	25, 5, 1, collar
49 kg	10, 2.5, 2, collar	83 kg	25, 5, 1.5, collar
50 kg	15, collar	84 kg	25, 5, 2, collar
51 kg	15, .5, collar	85 kg	25, 5, 2.5, collar
52 kg	15, 1, collar	86 kg	25, 5, 2.5, .5, collar
53 kg	15, 1.5, collar	87 kg	25, 5, 2.5, 1, collar
54 kg	15, 2, collar	88 kg	25, 5, 2.5, 1.5, collar

89 kg	25, 5, 2.5, 2, collar
90 kg	25, 10, collar
91 kg	25, 10, .5, collar
92 kg	25, 10, 1, collar
93 kg	25, 10, 1.5, collar
94 kg	25, 10, 2, collar
95 kg	25, 10, 2 .5, collar
96 kg	25, 10, 2.5, .5, collar
97 kg	25, 10, 2.5, 1, collar
98 kg	25, 10, 2 .5, 1.5, collar
99 kg	25, 10, 2.5, 2, collar
100 kg	25, 15, collar
101 kg	25, 15, .5, collar
102 kg	25, 15, 1, collar
103 kg	25, 15, 1.5, collar
104 kg	25, 15, 2, collar
105 kg	25, 15, 2.5, collar
106 kg	25, 15, 2.5, .5, collar
107 kg	25, 15, 2 .5, 1, collar
108 kg	25, 15, 2 .5, 1 .5, collar
109 kg	25, 15, 2 .5, 2, collar
110 kg	25, 20, collar
111 kg	25, 20, .5, collar
112 kg	25, 20, 1, collar
113 kg	25, 20, 1 .5, collar
114 kg	25, 20, 2, collar
115 kg	25, 20, 2 .5, collar
116 kg	25, 20, 2 .5, .5, collar
117 kg	25, 20, 2 .5, 1, collar
118 kg	25, 20, 2.5, 1.5, collar
119 kg	25, 20, 2.5, 2, collar
120 kg	25, 25, collar
121 kg	25, 25, .5, collar
122 kg	25, 25, 1, collar
123 kg	25, 25, 1.5, collar
124 kg	25, 25, 2, collar

125 kg	25, 25, 2.5, collar
126 kg	25, 25, 2.5, .5, collar
127 kg	25, 25, 2.5, 1, collar
128 kg	25, 25, 2.5, 1.5, collar
129 kg	25, 25, 2.5, 2, collar
130 kg	25, 25, 5, collar
131 kg	25, 25, 5, .5, collar
132 kg	25, 25, 5, 1, collar
133 kg	25, 25, 5, 1.5, collar
134 kg	25, 25, 5, 2, collar
135 kg	25, 25, 5, 2.5, collar
136 kg	25, 25, 5, 2.5, .5, collar
137 kg	25, 25, 5, 2.5, 1, collar
138 kg	25, 25, 5, 2.5, 1.5, collar
139 kg	25, 25, 5, 2.5, 2, collar
140 kg	25, 25, 10, collar
141 kg	25, 25, 10, .5, collar
142 kg	25, 25, 10, 1, collar
143 kg	25, 25, 10, 1.5, collar
144 kg	25, 25, 10, 2, collar
145 kg	25, 25, 10, 2.5, collar
146 kg	25, 25, 10, 2.5, .5, collar
147 kg	25, 25, 10, 2.5, 1, collar
148 kg	25, 25, 10, 2.5, 1.5, collar
149 kg	25, 25, 10, 2.5, 2, collar
150 kg	25, 25, 15, collar
151 kg	25, 25, 15, .5, collar
152 kg	25, 25, 15, 1, collar
153 kg	25, 25, 15, 1.5, collar
154 kg	25, 25, 15, 2, collar
155 kg	25, 25, 15, 2.5, collar
156 kg	25, 25, 15, 2.5, .5, collar
157 kg	25, 25, 15, 2.5, 1, collar
158 kg	25, 25, 15, 2.5, 1.5, collar
159 kg	25, 25, 15, 2.5, 2, collar
160 kg	25, 25, 20, collar

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161 kg	25, 25, 20, .5, collar	197 kg	25, 25, 25, 10, 2.5, 1, collar
162 kg	25, 25, 20, 1, collar	198 kg	25, 25, 25, 10, 2.5, 1.5, collar
163 kg	25, 25, 20, 1.5, collar	199 kg	25, 25, 25, 10, 2.5, 2, collar
164 kg	25, 25, 20, 2, collar	200 kg	25, 25, 25, 15, collar
165 kg	25, 25, 20, 2.5, collar		
166 kg	25, 25, 20, 2.5, .5, collar		
167 kg	25, 25, 20, 2.5, 1, collar		
168 kg	25, 25, 20, 2.5, 1.5, collar		
169 kg	25, 25, 20, 2.5, 2, collar		
170 kg	25, 25, 25, collar		
171 kg	25, 25, 25, .5, collar		
172 kg	25, 25, 25, 1, collar		
173 kg	25, 25, 25, 1.5, collar		
174 kg	25, 25, 25, 2, collar		
175 kg	25, 25, 25, 2.5, collar		
176 kg	25, 25, 25, 2.5, .5, collar		
177 kg	25, 25, 25, 2.5, 1, collar		
178 kg	25, 25, 25, 2.5, 1.5, collar		
179 kg	25, 25, 25, 2.5, 2, collar		
180 kg	25, 25, 25, 5, collar		
181 kg	25, 25, 25, 5, .5, collar		
182 kg	25, 25, 25, 5, 1, collar		
183 kg	25, 25, 25, 5, 1 .5, collar		
184 kg	25, 25, 25, 5, 2, collar		
185 kg	25, 25, 25, 5, 2.5, collar		
186 kg	25, 25, 25, 5, 2.5, .5, collar		
187 kg	25, 25, 25, 5, 2.5, 1, collar		
188 kg	25, 25, 25, 5, 2.5, 1.5, collar		
189 kg	25, 25, 25, 5, 2.5, 2, collar		
190 kg	25, 25, 25, 10, collar		
191 kg	25, 25, 25, 10, .5, collar		
192 kg	25, 25, 25, 10, 1, collar		
193 kg	25, 25, 25, 10, 1.5, collar		
194 kg	25, 25, 25, 10, 2, collar		
195 kg	25, 25, 25, 10, 2.5, collar		
196 kg	25, 25, 25, 10, 2.5, .5, collar		