Plate Math, 35 lb Bar

Every total from an empty 35 lb bar to 395 lb, in 10 lb steps.

Totals are in **pounds** and include a **35 lb bar**. The chips show what goes on **each side**, heaviest plate first (closest to the inside).

TOTAL	EACH SIDE
35	Empty bar
45	5
55	10
65	10 + 5
75	10 + 10
85	25
95	25 + 5
105	35
115	35 + 5
125	45
135	45 + 5
145	45 + 10
155	45 + 10 + 5
165	45 + 10 + 10
175	45 + 25
185	45 + 25 + 5
195	45 + 35
205	45 + 35 + 5
215	45 + 45
225	45 + 45 + 5
235	45 + 45 + 10
245	45 + 45 + 10 + 5
255	45 + 45 + 10 + 10
265	45 + 45 + 25
275	45 + 45 + 25 + 5
285	45 + 45 + 35
295	45 + 45 + 35 + 5
305	45 + 45 + 45
315	45 + 45 + 45 + 5
325	45 + 45 + 45 + 10
335	45 + 45 + 45 + 10 + 5
345	45 + 45 + 45 + 10 + 10
355	45 + 45 + 45 + 25
365	45 + 45 + 45 + 25 + 5
375	45 + 45 + 45 + 35
385	45 + 45 + 45 + 35 + 5
395	45 + 45 + 45 + 45

45 LB BAR

Add 10 lb to the total. The plates stay the same.

5 LB JUMPS

Add a 2.5 lb plate to each side of any total here.

COLLARS EVERY TIME

Spring clips weigh next to nothing, so don't count them.

Assumes 45, 35, 25, 10, 5 and 2.5 lb plates. Load the biggest plates first and keep both sides identical.