Plate Math, Done For You

Every total from an empty bar to 405 lb, in 10 lb steps.

Totals are in **pounds** and include a **45 lb bar**. The chips show what goes on **each side**, heaviest plate first (closest to the inside).

TOTAL	EACH SIDE
45	Empty bar
55	5
65	10
75	10 + 5
85	10 + 10
95	25
105	25 + 5
115	35
125	35 + 5
135	45
145	45 + 5
155	45 + 10
165	45 + 10 + 5

TOTAL	EACH SIDE
175	45 + 10 + 10
185	45 + 25
195	45 + 25 + 5
205	45 + 35
215	45 + 35 + 5
225	45 + 45
235	45 + 45 + 5
245	45 + 45 + 10
255	45 + 45 + 10 + 5
265	45 + 45 + 10 + 10
275	45 + 45 + 25
285	45 + 45 + 25 + 5
295	45 + 45 + 35

TOTAL	EACH SIDE
305	45 + 45 + 35 + 5
315	45 + 45 + 45
325	45 + 45 + 45 + 5
335	45 + 45 + 45 + 10
345	45 + 45 + 45 + 10 + 5
355	45 + 45 + 45 + 10 + 10
365	45 + 45 + 45 + 25
375	45 + 45 + 45 + 25 + 5
385	45 + 45 + 45 + 35
395	45 + 45 + 45 + 35 + 5
405	45 + 45 + 45 + 45

35 LB BAR

Subtract 10 lb from 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.