
Total (lb)	Plates per side
135	45
185	45 + 25
225	45 + 45
275	45 + 45 + 25
315	45 + 45 + 45
365	45 + 45 + 45 + 25
405	45 + 45 + 45 + 45
455	45 + 45 + 45 + 45 + 25
495	45 + 45 + 45 + 45 + 45