

Bar No	Weight (kg)	No of loading weights
30	60	5 full weights
29	24	2 full weights
28	56	5 full weights
27		
26	39	3 full 1 half
25	107	9 full weights
24	48	4 full weights
23	19.5	1 full 1 half
22	48	4 full weights
21		
20		
19		
18		
17	40	3 full 1 half
16		
15	56	5 full weights
14	27.5	2 full 1 half
13	12	1 full 1 half
12		
11	2	1 half weight
10	27.5	2 full 1 half
9		
8	120	10 full weights
7		
6	5	1 half weight
5		
4		
3		
2		
1	60	5 full weights