

Weightlifting Percentage Chart 40 to 75 Percent
Strength Tech, Inc.

for 2.5 pound plates

	40	45	50	55	60	65	70	75
MAX	*****							
45	20	20	25	25	25	30	30	35
50	20	25	25	30	30	35	35	40
55	20	25	30	30	35	35	40	40
60	25	25	30	35	35	40	40	45
65	25	30	35	35	40	40	45	50
70	30	30	35	40	40	45	50	55
75	30	35	40	40	45	50	55	55
80	30	35	40	45	50	50	55	60
85	35	40	45	45	50	55	60	65
90	35	40	45	50	55	60	65	70
95	40	45	50	50	55	60	65	70
100	40	45	50	55	60	65	70	75
105	40	45	55	60	65	70	75	80
110	45	50	55	60	65	70	75	85
115	45	50	60	65	70	75	80	85
120	50	55	60	65	70	80	85	90
125	50	55	65	70	75	80	90	95
130	50	60	65	70	80	85	90	100
135	55	60	70	75	80	90	95	100
140	55	65	70	75	85	90	100	105
145	60	65	75	80	85	95	100	110
150	60	70	75	85	90	100	105	115
155	60	70	80	85	95	100	110	115
160	65	70	80	90	95	105	110	120
165	65	75	85	90	100	105	115	125

Always Use Spotters - Never Lift Alone

© Strength Tech, Inc. 2009. All rights reserved.

www.strenghtech.com