Barbell plate reference

Plates listed for one side. Load the same plates on both sides.

Plate weight per side = (target total - bar weight) / 2

Example: 225 lb total - 45 lb bar = 180 lb of plates, or 90 lb per side.

POUNDS

45 lb bar | All values below are in lb

Total	Plates on EACH SIDE
45	None (empty bar)
65	10
95	25
115	35
135	45
155	45 + 10
185	45 + 25
205	45 + 35
225	45 + 45
275	45 + 45 + 25
315	45 + 45 + 45
405	45 + 45 + 45 + 45

KILOGRAMS

20 kg bar | All values below are in kg

Total	Plates on EACH SIDE
20	None (empty bar)
30	5
40	10
50	15
60	20
80	20 + 10
100	20 + 20
120	20 + 20 + 10
140	20 + 20 + 20
160	20 + 20 + 20 + 10
180	20 + 20 + 20 + 20
200	20 + 20 + 20 + 20 + 10

Before you load

Totals include the stated bar. Use the known weight of your own bar.

Mirror every plate on both sides. Collar weight is not included.

Assumes enough of each listed plate. Other combinations may also work.

Need a different weight?

rackmath.com/tools/barbell-calculator

Free calculator | Pounds and kilograms | Custom bar weight