

## Weight Calculations

Weight	55%	65%	70%	80%	85%	90%	95%	Weight	55%	65%	70%	80%	85%	90%	95%
50	27.5	32.5	35	40	42.5	45	47.5	245	134.8	159.3	171.5	196	208.3	220.5	232.8
55	30.25	35.75	38.5	44	46.75	49.5	52.25	250	137.5	162.5	175	200	212.5	225	237.5
60	33	39	42	48	51	54	57	255	140.3	165.8	178.5	204	216.8	229.5	242.3
65	35.75	42.25	45.5	52	55.25	58.5	61.75	260	143	169	182	208	221	234	247
70	38.5	45.5	49	56	59.5	63	66.5	265	145.8	172.3	185.5	212	225.3	238.5	251.8
75	41.25	48.75	52.5	60	63.75	67.5	71.25	270	148.5	175.5	189	216	229.5	243	256.5
80	44	52	56	64	68	72	76	275	151.3	178.8	192.5	220	233.8	247.5	261.3
85	46.75	55.25	59.5	68	72.25	76.5	80.75	280	154	182	196	224	238	252	266
90	49.5	58.5	63	72	76.5	81	85.5	285	156.8	185.3	199.5	228	242.3	256.5	270.8
95	52.25	61.75	66.5	76	80.75	85.5	90.25	290	159.5	188.5	203	232	246.5	261	275.5
100	55	65	70	80	85	90	95	295	162.3	191.8	206.5	236	250.8	265.5	280.3
105	57.75	68.25	73.5	84	89.25	94.5	99.75	300	165	195	210	240	255	270	285
110	60.5	71.5	77	88	93.5	99	104.5	305	167.8	198.3	213.5	244	259.3	274.5	289.8
115	63.25	74.75	80.5	92	97.75	103.5	109.3	310	170.5	201.5	217	248	263.5	279	294.5
120	66	78	84	96	102	108	114	315	173.3	204.8	220.5	252	267.8	283.5	299.3
125	68.75	81.25	87.5	100	106.3	112.5	118.8	320	176	208	224	256	272	288	304
130	71.5	84.5	91	104	110.5	117	123.5	325	178.8	211.3	227.5	260	276.3	292.5	308.8
135	74.25	87.75	94.5	108	114.8	121.5	128.3	330	181.5	214.5	231	264	280.5	297	313.5
140	77	91	98	112	119	126	133	335	184.3	217.8	234.5	268	284.8	301.5	318.3
145	79.75	94.25	101.5	116	123.3	130.5	137.8	340	187	221	238	272	289	306	323
150	82.5	97.5	105	120	127.5	135	142.5	345	189.8	224.3	241.5	276	293.3	310.5	327.8
155	85.25	100.8	108.5	124	131.8	139.5	147.3	350	192.5	227.5	245	280	297.5	315	332.5
160	88	104	112	128	136	144	152	355	195.3	230.8	248.5	284	301.8	319.5	337.3
165	90.75	107.3	115.5	132	140.3	148.5	156.8	360	198	234	252	288	306	324	342
170	93.5	110.5	119	136	144.5	153	161.5	365	200.8	237.3	255.5	292	310.3	328.5	346.8
175	96.25	113.8	122.5	140	148.8	157.5	166.3	370	203.5	240.5	259	296	314.5	333	351.5
180	99	117	126	144	153	162	171	375	206.3	243.8	262.5	300	318.8	337.5	356.3
185	101.8	120.3	129.5	148	157.3	166.5	175.8	380	209	247	266	304	323	342	361
190	104.5	123.5	133	152	161.5	171	180.5	385	211.8	250.3	269.5	308	327.3	346.5	365.8
195	107.3	126.8	136.5	156	165.8	175.5	185.3	390	214.5	253.5	273	312	331.5	351	370.5
200	110	130	140	160	170	180	190	395	217.3	256.8	276.5	316	335.8	355.5	375.3
205	112.8	133.3	143.5	164	174.3	184.5	194.8	400	220	260	280	320	340	360	380
210	115.5	136.5	147	168	178.5	189	199.5	405	222.8	263.3	283.5	324	344.3	364.5	384.8
215	118.3	139.8	150.5	172	182.8	193.5	204.3	410	225.5	266.5	287	328	348.5	369	389.5
220	121	143	154	176	187	198	209	415	228.3	269.8	290.5	332	352.8	373.5	394.3
225	123.8	146.3	157.5	180	191.3	202.5	213.8	420	231	273	294	336	357	378	399
230	126.5	149.5	161	184	195.5	207	218.5	425	233.8	276.3	297.5	340	361.3	382.5	403.8
235	129.3	152.8	164.5	188	199.8	211.5	223.3	430	236.5	279.5	301	344	365.5	387	408.5
240	132	156	168	192	204	216	228	435	239.3	282.8	304.5	348	369.8	391.5	413.3