

Weight Calculations

Weight	40%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%
50	20	25	27.5	30	32.5	35	37.5	40	42.5	45	47.5
55	22	27.5	30.25	33	35.75	38.5	41.25	44	46.75	49.5	52.25
60	24	30	33	36	39	42	45	48	51	54	57
65	26	32.5	35.75	39	42.25	45.5	48.75	52	55.25	58.5	61.75
70	28	35	38.5	42	45.5	49	52.5	56	59.5	63	66.5
75	30	37.5	41.25	45	48.75	52.5	56.25	60	63.75	67.5	71.25
80	32	40	44	48	52	56	60	64	68	72	76
85	34	42.5	46.75	51	55.25	59.5	63.75	68	72.25	76.5	80.75
90	36	45	49.5	54	58.5	63	67.5	72	76.5	81	85.5
95	38	47.5	52.25	57	61.75	66.5	71.25	76	80.75	85.5	90.25
100	40	50	55	60	65	70	75	80	85	90	95
105	42	52.5	57.75	63	68.25	73.5	78.75	84	89.25	94.5	99.75
110	44	55	60.5	66	71.5	77	82.5	88	93.5	99	104.5
115	46	57.5	63.25	69	74.75	80.5	86.25	92	97.75	103.5	109.3
120	48	60	66	72	78	84	90	96	102	108	114
125	50	62.5	68.75	75	81.25	87.5	93.75	100	106.3	112.5	118.8
130	52	65	71.5	78	84.5	91	97.5	104	110.5	117	123.5
135	54	67.5	74.25	81	87.75	94.5	101.3	108	114.8	121.5	128.3
140	56	70	77	84	91	98	105	112	119	126	133
145	58	72.5	79.75	87	94.25	101.5	108.8	116	123.3	130.5	137.8
150	60	75	82.5	90	97.5	105	112.5	120	127.5	135	142.5
155	62	77.5	85.25	93	100.8	108.5	116.3	124	131.8	139.5	147.3
160	64	80	88	96	104	112	120	128	136	144	152
165	66	82.5	90.75	99	107.3	115.5	123.8	132	140.3	148.5	156.8
170	68	85	93.5	102	110.5	119	127.5	136	144.5	153	161.5
175	70	87.5	96.25	105	113.8	122.5	131.3	140	148.8	157.5	166.3
180	72	90	99	108	117	126	135	144	153	162	171
185	74	92.5	101.8	111	120.3	129.5	138.8	148	157.3	166.5	175.8
190	76	95	104.5	114	123.5	133	142.5	152	161.5	171	180.5
195	78	97.5	107.3	117	126.8	136.5	146.3	156	165.8	175.5	185.3
200	80	100	110	120	130	140	150	160	170	180	190
205	82	102.5	112.8	123	133.3	143.5	153.8	164	174.3	184.5	194.8
210	84	105	115.5	126	136.5	147	157.5	168	178.5	189	199.5
215	86	107.5	118.3	129	139.8	150.5	161.3	172	182.8	193.5	204.3
220	88	110	121	132	143	154	165	176	187	198	209
225	90	112.5	123.8	135	146.3	157.5	168.8	180	191.3	202.5	213.8
230	92	115	126.5	138	149.5	161	172.5	184	195.5	207	218.5
235	94	117.5	129.3	141	152.8	164.5	176.3	188	199.8	211.5	223.3

Weight	40%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%
240	96	120	132	144	156	168	180	192	204	216	228
245	98	122.5	134.8	147	159.3	171.5	183.8	196	208.3	220.5	232.8
250	100	125	137.5	150	162.5	175	187.5	200	212.5	225	237.5
255	102	127.5	140.3	153	165.8	178.5	191.3	204	216.8	229.5	242.3
260	104	130	143	156	169	182	195	208	221	234	247
265	106	132.5	145.8	159	172.3	185.5	198.8	212	225.3	238.5	251.8
270	108	135	148.5	162	175.5	189	202.5	216	229.5	243	256.5
275	110	137.5	151.3	165	178.8	192.5	206.3	220	233.8	247.5	261.3
280	112	140	154	168	182	196	210	224	238	252	266
285	114	142.5	156.8	171	185.3	199.5	213.8	228	242.3	256.5	270.8
290	116	145	159.5	174	188.5	203	217.5	232	246.5	261	275.5
295	118	147.5	162.3	177	191.8	206.5	221.3	236	250.8	265.5	280.3
300	120	150	165	180	195	210	225	240	255	270	285
305	122	152.5	167.8	183	198.3	213.5	228.8	244	259.3	274.5	289.8
310	124	155	170.5	186	201.5	217	232.5	248	263.5	279	294.5
315	126	157.5	173.3	189	204.8	220.5	236.3	252	267.8	283.5	299.3
320	128	160	176	192	208	224	240	256	272	288	304
325	130	162.5	178.8	195	211.3	227.5	243.8	260	276.3	292.5	308.8
330	132	165	181.5	198	214.5	231	247.5	264	280.5	297	313.5
335	134	167.5	184.3	201	217.8	234.5	251.3	268	284.8	301.5	318.3
340	136	170	187	204	221	238	255	272	289	306	323
345	138	172.5	189.8	207	224.3	241.5	258.8	276	293.3	310.5	327.8
350	140	175	192.5	210	227.5	245	262.5	280	297.5	315	332.5
355	142	177.5	195.3	213	230.8	248.5	266.3	284	301.8	319.5	337.3
360	144	180	198	216	234	252	270	288	306	324	342
365	146	182.5	200.8	219	237.3	255.5	273.8	292	310.3	328.5	346.8
370	148	185	203.5	222	240.5	259	277.5	296	314.5	333	351.5
375	150	187.5	206.3	225	243.8	262.5	281.3	300	318.8	337.5	356.3
380	152	190	209	228	247	266	285	304	323	342	361
385	154	192.5	211.8	231	250.3	269.5	288.8	308	327.3	346.5	365.8
390	156	195	214.5	234	253.5	273	292.5	312	331.5	351	370.5
395	158	197.5	217.3	237	256.8	276.5	296.3	316	335.8	355.5	375.3
400	160	200	220	240	260	280	300	320	340	360	380
405	162	202.5	222.8	243	263.3	283.5	303.8	324	344.3	364.5	384.8
410	164	205	225.5	246	266.5	287	307.5	328	348.5	369	389.5
415	166	207.5	228.3	249	269.8	290.5	311.3	332	352.8	373.5	394.3
420	168	210	231	252	273	294	315	336	357	378	399
425	170	212.5	233.8	255	276.3	297.5	318.8	340	361.3	382.5	403.8
430	172	215	236.5	258	279.5	301	322.5	344	365.5	387	408.5

Weight	40%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%
435	174	217.5	239.3	261	282.8	304.5	326.3	348	369.8	391.5	413.3
440	176	220	242	264	286	308	330	352	374	396	418
445	178	222.5	244.8	267	289.3	311.5	333.8	356	378.3	400.5	422.8
450	180	225	247.5	270	292.5	315	337.5	360	382.5	405	427.5
455	182	227.5	250.3	273	295.8	318.5	341.3	364	386.8	409.5	432.3
460	184	230	253	276	299	322	345	368	391	414	437
465	186	232.5	255.8	279	302.3	325.5	348.8	372	395.3	418.5	441.8
470	188	235	258.5	282	305.5	329	352.5	376	399.5	423	446.5
475	190	237.5	261.3	285	308.8	332.5	356.3	380	403.8	427.5	451.3
480	192	240	264	288	312	336	360	384	408	432	456
485	194	242.5	266.8	291	315.3	339.5	363.8	388	412.3	436.5	460.8
490	196	245	269.5	294	318.5	343	367.5	392	416.5	441	465.5
495	198	247.5	272.3	297	321.8	346.5	371.3	396	420.8	445.5	470.3
500	200	250	275	300	325	350	375	400	425	450	475
505	202	252.5	277.8	303	328.3	353.5	378.8	404	429.3	454.5	479.8
510	204	255	280.5	306	331.5	357	382.5	408	433.5	459	484.5
515	206	257.5	283.3	309	334.8	360.5	386.3	412	437.8	463.5	489.3
520	208	260	286	312	338	364	390	416	442	468	494
525	210	262.5	288.8	315	341.3	367.5	393.8	420	446.3	472.5	498.8
530	212	265	291.5	318	344.5	371	397.5	424	450.5	477	503.5
535	214	267.5	294.3	321	347.8	374.5	401.3	428	454.8	481.5	508.3
540	216	270	297	324	351	378	405	432	459	486	513
545	218	272.5	299.8	327	354.3	381.5	408.8	436	463.3	490.5	517.8
550	220	275	302.5	330	357.5	385	412.5	440	467.5	495	522.5
555	222	277.5	305.3	333	360.8	388.5	416.3	444	471.8	499.5	527.3
560	224	280	308	336	364	392	420	448	476	504	532
565	226	282.5	310.8	339	367.3	395.5	423.8	452	480.3	508.5	536.8
570	228	285	313.5	342	370.5	399	427.5	456	484.5	513	541.5
575	230	287.5	316.3	345	373.8	402.5	431.3	460	488.8	517.5	546.3
580	232	290	319	348	377	406	435	464	493	522	551
585	234	292.5	321.8	351	380.3	409.5	438.8	468	497.3	526.5	555.8
590	236	295	324.5	354	383.5	413	442.5	472	501.5	531	560.5
595	238	297.5	327.3	357	386.8	416.5	446.3	476	505.8	535.5	565.3
600	240	300	330	360	390	420	450	480	510	540	570