

Weight	Dead (BW*1.5)	Dead Final	Bench (BW*.89)	Bench Final	Clean (BW*.75)	Clean Final
80	120	120.0	71.2	70	60	60
81	121.5	120.0	72.09	70	60.75	60
82	123	125.0	72.98	75	61.5	60
83	124.5	125.0	73.87	75	62.25	60
84	126	125.0	74.76	75	63	65
85	127.5	130.0	75.65	75	63.75	65
86	129	130.0	76.54	75	64.5	65
87	130.5	130.0	77.43	75	65.25	65
88	132	130.0	78.32	80	66	65
89	133.5	135.0	79.21	80	66.75	65
90	135	135.0	80.1	80	67.5	70
91	136.5	135.0	80.99	80	68.25	70
92	138	140.0	81.88	80	69	70
93	139.5	140.0	82.77	85	69.75	70
94	141	140.0	83.66	85	70.5	70
95	142.5	145.0	84.55	85	71.25	70
96	144	145.0	85.44	85	72	70
97	145.5	145.0	86.33	85	72.75	75
98	147	145.0	87.22	85	73.5	75
99	148.5	150.0	88.11	90	74.25	75
100	150	150.0	89	90	75	75
101	151.5	150.0	89.89	90	75.75	75
102	153	155.0	90.78	90	76.5	75
103	154.5	155.0	91.67	90	77.25	75
104	156	155.0	92.56	95	78	80
105	157.5	160.0	93.45	95	78.75	80
106	159	160.0	94.34	95	79.5	80
107	160.5	160.0	95.23	95	80.25	80
108	162	160.0	96.12	95	81	80
109	163.5	165.0	97.01	95	81.75	80
110	165	165.0	97.9	100	82.5	85
111	166.5	165.0	98.79	100	83.25	85
112	168	170.0	99.68	100	84	85
113	169.5	170.0	100.57	100	84.75	85
114	171	170.0	101.46	100	85.5	85
115	172.5	175.0	102.35	100	86.25	85
116	174	175.0	103.24	105	87	85
117	175.5	175.0	104.13	105	87.75	90
118	177	175.0	105.02	105	88.5	90
119	178.5	180.0	105.91	105	89.25	90
120	180	180.0	106.8	105	90	90
121	181.5	180.0	107.69	110	90.75	90
122	183	185.0	108.58	110	91.5	90
123	184.5	185.0	109.47	110	92.25	90
124	186	185.0	110.36	110	93	95

Weight	Dead (BW*1.5)	Dead Final	Bench (BW*.89)	Bench Final	Clean (BW*.75)	Clean Final
125	187.5	190.0	111.25	110	93.75	95
126	189	190.0	112.14	110	94.5	95
127	190.5	190.0	113.03	115	95.25	95
128	192	190.0	113.92	115	96	95
129	193.5	195.0	114.81	115	96.75	95
130	195	195.0	115.7	115	97.5	100
131	196.5	195.0	116.59	115	98.25	100
132	198	200.0	117.48	115	99	100
133	199.5	200.0	118.37	120	99.75	100
134	201	200.0	119.26	120	100.5	100
135	202.5	205.0	120.15	120	101.25	100
136	204	205.0	121.04	120	102	100
137	205.5	205.0	121.93	120	102.75	105
138	207	205.0	122.82	125	103.5	105
139	208.5	210.0	123.71	125	104.25	105
140	210	210.0	124.6	125	105	105
141	211.5	210.0	125.49	125	105.75	105
142	213	215.0	126.38	125	106.5	105
143	214.5	215.0	127.27	125	107.25	105
144	216	215.0	128.16	130	108	110
145	217.5	220.0	129.05	130	108.75	110
146	219	220.0	129.94	130	109.5	110
147	220.5	220.0	130.83	130	110.25	110
148	222	220.0	131.72	130	111	110
149	223.5	225.0	132.61	135	111.75	110
150	225	225.0	133.5	135	112.5	115
151	226.5	225.0	134.39	135	113.25	115
152	228	230.0	135.28	135	114	115
153	229.5	230.0	136.17	135	114.75	115
154	231	230.0	137.06	135	115.5	115
155	232.5	235.0	137.95	140	116.25	115
156	234	235.0	138.84	140	117	115
157	235.5	235.0	139.73	140	117.75	120
158	237	235.0	140.62	140	118.5	120
159	238.5	240.0	141.51	140	119.25	120
160	240	240.0	142.4	140	120	120
161	241.5	240.0	143.29	145	120.75	120
162	243	245.0	144.18	145	121.5	120
163	244.5	245.0	145.07	145	122.25	120
164	246	245.0	145.96	145	123	125
165	247.5	250.0	146.85	145	123.75	125
166	249	250.0	147.74	150	124.5	125
167	250.5	250.0	148.63	150	125.25	125
168	252	250.0	149.52	150	126	125
169	253.5	255.0	150.41	150	126.75	125

Weight	Dead (BW*1.5)	Dead Final	Bench (BW*.89)	Bench Final	Clean (BW*.75)	Clean Final
170	255	255.0	151.3	150	127.5	130
171	256.5	255.0	152.19	150	128.25	130
172	258	260.0	153.08	155	129	130
173	259.5	260.0	153.97	155	129.75	130
174	261	260.0	154.86	155	130.5	130
175	262.5	265.0	155.75	155	131.25	130
176	264	265.0	156.64	155	132	130
177	265.5	265.0	157.53	160	132.75	135
178	267	265.0	158.42	160	133.5	135
179	268.5	270.0	159.31	160	134.25	135
180	270	270.0	160.2	160	135	135
181	271.5	270.0	161.09	160	135.75	135
182	273	275.0	161.98	160	136.5	135
183	274.5	275.0	162.87	165	137.25	135
184	276	275.0	163.76	165	138	140
185	277.5	280.0	164.65	165	138.75	140
186	279	280.0	165.54	165	139.5	140
187	280.5	280.0	166.43	165	140.25	140
188	282	280.0	167.32	165	141	140
189	283.5	285.0	168.21	170	141.75	140
190	285	285.0	169.1	170	142.5	145
191	286.5	285.0	169.99	170	143.25	145
192	288	290.0	170.88	170	144	145
193	289.5	290.0	171.77	170	144.75	145
194	291	290.0	172.66	175	145.5	145
195	292.5	295.0	173.55	175	146.25	145
196	294	295.0	174.44	175	147	145
197	295.5	295.0	175.33	175	147.75	150
198	297	295.0	176.22	175	148.5	150
199	298.5	300.0	177.11	175	149.25	150
200	300	300.0	178	180	150	150
201	301.5	300.0	178.89	180	150.75	150
202	303	305.0	179.78	180	151.5	150
203	304.5	305.0	180.67	180	152.25	150
204	306	305.0	181.56	180	153	155
205	307.5	310.0	182.45	180	153.75	155
206	309	310.0	183.34	185	154.5	155
207	310.5	310.0	184.23	185	155.25	155
208	312	310.0	185.12	185	156	155
209	313.5	315.0	186.01	185	156.75	155
210	315	315.0	186.9	185	157.5	160
211	316.5	315.0	187.79	190	158.25	160
212	318	320.0	188.68	190	159	160
213	319.5	320.0	189.57	190	159.75	160
214	321	320.0	190.46	190	160.5	160

Weight	Dead (BW*1.5)	Dead Final	Bench (BW*.89)	Bench Final	Clean (BW*.75)	Clean Final
215	322.5	325.0	191.35	190	161.25	160
216	324	325.0	192.24	190	162	160
217	325.5	325.0	193.13	195	162.75	165
218	327	325.0	194.02	195	163.5	165
219	328.5	330.0	194.91	195	164.25	165
220	330	330.0	195.8	195	165	165
221	331.5	330.0	196.69	195	165.75	165
222	333	335.0	197.58	200	166.5	165
223	334.5	335.0	198.47	200	167.25	165
224	336	335.0	199.36	200	168	170
225	337.5	340.0	200.25	200	168.75	170
226	339	340.0	201.14	200	169.5	170
227	340.5	340.0	202.03	200	170.25	170
228	342	340.0	202.92	205	171	170
229	343.5	345.0	203.81	205	171.75	170
230	345	345.0	204.7	205	172.5	175
231	346.5	345.0	205.59	205	173.25	175
232	348	350.0	206.48	205	174	175
233	349.5	350.0	207.37	205	174.75	175
234	351	350.0	208.26	210	175.5	175
235	352.5	355.0	209.15	210	176.25	175
236	354	355.0	210.04	210	177	175
237	355.5	355.0	210.93	210	177.75	180
238	357	355.0	211.82	210	178.5	180
239	358.5	360.0	212.71	215	179.25	180
240	360	360.0	213.6	215	180	180
241	361.5	360.0	214.49	215	180.75	180
242	363	365.0	215.38	215	181.5	180
243	364.5	365.0	216.27	215	182.25	180
244	366	365.0	217.16	215	183	185
245	367.5	370.0	218.05	220	183.75	185
246	369	370.0	218.94	220	184.5	185
247	370.5	370.0	219.83	220	185.25	185
248	372	370.0	220.72	220	186	185
249	373.5	375.0	221.61	220	186.75	185
250	375	375.0	222.5	225	187.5	190
251	376.5	375.0	223.39	225	188.25	190
252	378	380.0	224.28	225	189	190
253	379.5	380.0	225.17	225	189.75	190
254	381	380.0	226.06	225	190.5	190
255	382.5	385.0	226.95	225	191.25	190
256	384	385.0	227.84	230	192	190
257	385.5	385.0	228.73	230	192.75	195
258	387	385.0	229.62	230	193.5	195
259	388.5	390.0	230.51	230	194.25	195

Weight	Dead (BW*1.5)	Dead Final	Bench (BW*.89)	Bench Final	Clean (BW*.75)	Clean Final
260	390	390.0	231.4	230	195	195
261	391.5	390.0	232.29	230	195.75	195
262	393	395.0	233.18	235	196.5	195
263	394.5	395.0	234.07	235	197.25	195
264	396	395.0	234.96	235	198	200
265	397.5	400.0	235.85	235	198.75	200
266	399	400.0	236.74	235	199.5	200
267	400.5	400.0	237.63	240	200.25	200
268	402	400.0	238.52	240	201	200
269	403.5	405.0	239.41	240	201.75	200
270	405	405.0	240.3	240	202.5	205
271	406.5	405.0	241.19	240	203.25	205
272	408	410.0	242.08	240	204	205
273	409.5	410.0	242.97	245	204.75	205
274	411	410.0	243.86	245	205.5	205
275	412.5	415.0	244.75	245	206.25	205