

# NASA Kilo Loading Chart

Kilos	Loaded	Pounds
25	Bar-collars	55.12
27.5	Red (R)	60.63
30	Silver (S)	66.14
32.5	S-R	71.65
35	Yellow (Y)	77.16
37.5	Y-R	82.67
40	Y-S	88.18
42.5	Y-S-R	93.70
45	Green (Gr)	99.21
47.5	Gr-R	104.72
50	Gr-S	110.23
52.5	Gr-S-R	115.74
55	Gr-Y	121.25
57.5	Gr-Y-R	126.76
60	Gr-Y-S	132.28
62.5	Gr-Y-S-R	137.79
65	Blue (B)	143.30
67.5	B-R	148.81
70	B-S	154.32
72.5	B-S-R	159.83
75	B-Y	165.35
77.5	B-Y-R	170.86
80	B-Y-S	176.37
82.5	B-Y-S-R	181.88
85	B-Gr	187.39
87.5	B-Gr-R	192.90
90	B-Gr-S	198.41
92.5	B-Gr-S-R	203.93
95	B-Gr-Y	209.44
97.5	B-Gr-Y-R	214.95
100	B-Gr-Y-S	220.46
102.5	B-Gr-Y-S-R	225.97
105	B-B	231.48
107.5	B-B-R	236.99
110	B-B-S	242.51
112.5	B-B-S-R	248.02
115	Gold (G)	253.53
117.5	G-R	259.04
120	G-S	264.55
122.5	G-S-R	270.06
125	G-Y	275.58
127.5	G-Y-R	281.09
130	G-Y-S	286.60
132.5	G-Y-S-R	292.11
135	G-GR	297.62
137.5	G-GR-R	303.13
140	G-GR-S	308.64
142.5	G-GR-S-R	314.16
145	G-GR-Y	319.67
147.5	G-GR-Y-R	325.18
150	G-GR-Y-S	330.69
152.5	G-GR-Y-S-R	336.20
155	G-B	341.71

Kilos	Loaded	Pounds
157.5	G-B-R	347.22
160	G-B-S	352.74
162.5	G-B-S-R	358.25
165	G-B-Y	363.76
167.5	G-B-Y-R	369.27
170	G-B-Y-S	374.78
172.5	G-B-Y-S-R	380.29
175	G-B-Gr	385.81
177.5	G-B-GR-R	391.32
180	G-B-GR-S	396.83
182.5	G-B-GR-S-R	402.34
185	G-B-Gr-Y	407.85
187.5	G-B-Gr-Y-R	413.36
190	G-B-Gr-Y-S	418.87
192.5	G-B-Gr-Y-S-R	424.39
195	G-B-B	429.90
197.5	G-B-B-R	435.41
200	G-B-B-S	440.92
202.5	G-B-B-S-R	446.43
205	G-G	451.94
207.5	G-G-R	457.45
210	G-G-S	462.97
212.5	G-G-S-R	468.48
215	G-G-Y	473.99
217.5	G-G-Y-R	479.50
220	G-G-Y-S	485.01
222.5	G-G-Y-S-R	490.52
225	G-G-GR	496.04
227.5	G-G-GR-R	501.55
230	G-G-GR-S	507.06
232.5	G-G-GR-S-R	512.57
235	G-G-GR-Y	518.08
237.5	G-G-G-Y-R	523.59
240	G-G-GR-Y-S	529.10
242.5	G-G-GR-Y-S-R	534.62
245	G-G-B	540.13
247.5	G-G-B-R	545.64
250	G-G-B-S	551.15
252.5	G-G-B-S-R	556.66
255	G-G-B-Y	562.17
257.5	G-G-B-Y-R	567.68
260	G-G-B-Y-S	573.20
262.5	G-G-B-Y-S-R	578.71
265	G-G-B-GR	584.22
267.5	G-G-B-GR-R	589.73
270	G-G-B-GR-S	595.24
272.5	G-G-B-GR-S-R	600.75
275	G-G-B-GR-Y	606.27
277.5	G-G-B-GR-Y-R	611.78
280	G-G-B-GR-Y-S	617.29
282.5	G-G-B-GR-Y-S-R	622.80
285	G-G-B-B	628.31
287.5	G-G-B-B-R	633.82

Kilos	Loaded	Pounds
290	G-G-B-B-S	639.33
292.5	G-G-B-B-S-R	644.85
295	G-G-G	650.36
297.5	G-G-G-R	655.87
300	G-G-G-S	661.38
302.5	G-G-G-S-R	666.89
305	G-G-G-Y	672.40
307.5	G-G-G-Y-R	677.91
310	G-G-G-Y-S	683.43
312.5	G-G-G-Y-S-R	688.94
315	G-G-G-GR	694.45
317.5	G-G-G-GR-R	699.96
320	G-G-G-GR-S	705.47
322.5	G-G-G-GR-S-R	710.98
325	G-G-G-GR-Y	716.50
327.5	G-G-G-GR-Y-R	722.01
330	G-G-G-GR-Y-S	727.52
332.5	G-G-G-GR-Y-S-R	733.03
335	G-G-G-B	738.54
337.5	G-G-G-B-R	744.05
340	G-G-G-B-S	749.56
342.5	G-G-G-B-S-R	755.08
345	G-G-G-B-Y	760.59
347.5	G-G-G-B-Y-R	766.10
350	G-G-G-B-Y-S	771.61
352.5	G-G-G-B-Y-S-R	777.12
355	G-G-G-B-GR	782.63
357.5	G-G-G-B-GR-R	788.14
360	G-G-G-B-GR-S	793.66
362.5	G-G-G-B-GR-S-R	799.17
365	G-G-G-B-GR-Y	804.68
367.5	G-G-G-B-GR-Y-R	810.19
370	G-G-G-B-GR-Y-S	815.70
372.5	G-G-G-B-GR-Y-S-R	821.21
375	G-G-G-B-B	826.73
377.5	G-G-G-B-B-R	832.24
380	G-G-G-B-B-S	837.75
382.5	G-G-G-B-B-S-R	843.26
385	G-G-G-G	848.77
387.5	G-G-G-G-R	854.28
390	G-G-G-G-S	859.79
392.5	G-G-G-G-S-R	865.31
395	G-G-G-G-Y	870.82
397.5	G-G-G-G-Y-R	876.33
400	G-G-G-G-Y-S	881.84
402.5	G-G-G-G-Y-S-R	887.35
405	G-G-G-G-GR	892.86
407.5	G-G-G-G-GR-R	898.37
410	G-G-G-G-GR-S	903.89
412.5	G-G-G-G-GR-S-R	909.40
415	G-G-G-G-GR-Y	914.91
417.5	G-G-G-G-GR-Y-R	920.42
420	G-G-G-G-Gr-Y-S	925.93