

“HOW MUCH WEIGHT IS ON THE BAR?”

NAME: _____

DATE: _____

PERIOD: _____

Write the number of plates you would need to make the weights listed below. You must use the fewest plates possible, and the weight has to be equal on both sides. Remember that the bar is 45 pounds and collars do not count. The first one has been done for you.

(Men’s Olympic Bar = 45lbs, three 45 lb plates on each side = 135, one 2.5 on each side = 5:
 $45+270+5=320$)

WE WILL BE ASSUMING WE ARE ALL USING THE 45 pound BAR

*****If a certain plate is not used for the appropriate weight, leave that space BLANK!***

	320	270	255	200	155	120	195	80	55
45	6								
25									
10									
5									
2.5	2								



On each side of the bar: 3- 45 pound plates, 1- 2.5 pound plate, the bar = 45 pounds → TOTAL EQUALS 320.