

Weight Percentages Chart

Weight	3%	4%	5%	6%	7%	8%	9%	10%
40	1.2	1.6	2.0	2.4	2.8	3.2	3.6	4.0
45	1.4	1.8	2.3	2.7	3.2	3.6	4.1	4.5
50	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0
55	1.7	2.2	2.8	3.3	3.9	4.4	5.0	5.5
60	1.8	2.4	3.0	3.6	4.2	4.8	5.4	6.0
65	2.0	2.6	3.3	3.9	4.6	5.2	5.9	6.5
70	2.1	2.8	3.5	4.2	4.9	5.6	6.3	7.0
75	2.3	3.0	3.8	4.5	5.3	6.0	6.8	7.5
80	2.4	3.2	4.0	4.8	5.6	6.4	7.2	8.0
85	2.6	3.4	4.3	5.1	6.0	6.8	7.7	8.5
90	2.7	3.6	4.5	5.4	6.3	7.2	8.1	9.0
95	2.9	3.8	4.8	5.7	6.7	7.6	8.6	9.5
100	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0
105	3.2	4.2	5.3	6.3	7.4	8.4	9.5	10.5
110	3.3	4.4	5.5	6.6	7.7	8.8	9.9	11.0
115	3.5	4.6	5.8	6.9	8.1	9.2	10.4	11.5
120	3.6	4.8	6.0	7.2	8.4	9.6	10.8	12.0
125	3.8	5.0	6.3	7.5	8.8	10.0	11.3	12.5
130	3.9	5.2	6.5	7.8	9.1	10.4	11.7	13.0
135	4.1	5.4	6.8	8.1	9.5	10.8	12.2	13.5
140	4.2	5.6	7.0	8.4	9.8	11.2	12.6	14.0
145	4.4	5.8	7.3	8.7	10.2	11.6	13.1	14.5
150	4.5	6.0	7.5	9.0	10.5	12.0	13.5	15.0
155	4.7	6.2	7.8	9.3	10.9	12.4	14.0	15.5
160	4.8	6.4	8.0	9.6	11.2	12.8	14.4	16.0
165	5.0	6.6	8.3	9.9	11.6	13.2	14.9	16.5
170	5.1	6.8	8.5	10.2	11.9	13.6	15.3	17.0
175	5.3	7.0	8.8	10.5	12.3	14.0	15.8	17.5
180	5.4	7.2	9.0	10.8	12.6	14.4	16.2	18.0
185	5.6	7.4	9.3	11.1	13.0	14.8	16.7	18.5
190	5.7	7.6	9.5	11.4	13.3	15.2	17.1	19.0
195	5.9	7.8	9.8	11.7	13.7	15.6	17.6	19.5
200	6.0	8.0	10.0	12.0	14.0	16.0	18.0	20.0
205	6.2	8.2	10.3	12.3	14.4	16.4	18.5	20.5
210	6.3	8.4	10.5	12.6	14.7	16.8	18.9	21.0
215	6.5	8.6	10.8	12.9	15.1	17.2	19.4	21.5
220	6.6	8.8	11.0	13.2	15.4	17.6	19.8	22.0
225	6.8	9.0	11.3	13.5	15.8	18.0	20.3	22.5
230	6.9	9.2	11.5	13.8	16.1	18.4	20.7	23.0
235	7.1	9.4	11.8	14.1	16.5	18.8	21.2	23.5
240	7.2	9.6	12.0	14.4	16.8	19.2	21.6	24.0