



# LIFTING LARGE.COM

## KILO CONVERSION CHART

Kg _____ Lb	Kg _____ Lb	Kg _____ Lb	Kg _____ Lb	Kg _____ Lb
25 ----- 55	120 ----- 264.5	215 ----- 473.7	310 ----- 683.2	405 ----- 892.7
27.5 ---- 60.5	122.5 --- 270	217.5 --- 479.5	312.5 --- 688.7	407.5 --- 898.2
30 ----- 66	125 ----- 275.5	220 ----- 485	315 ----- 694.2	410 ----- 903.7
32.5 ---- 71.5	127.5 --- 281	222.5 --- 490.5	317.5 --- 699.7	412.5 --- 909.2
35 ----- 77	130 ----- 286.5	225 ----- 496	320 ----- 705.2	415 ----- 914.7
37.5 ---- 82.5	132.5 --- 292	227.5 --- 501.5	322.5 -- 710.7	417.5 --- 920.2
40 ----- 88	135 ----- 297.5	230 ----- 507	325 ----- 716.2	420 ----- 925.7
42.5 ---- 93.5	137.5 --- 303	232.5 --- 512.5	327.5 --- 722	422.5 --- 931.2
45 ----- 99	140 ----- 308.5	235 ----- 518	330 ----- 727.5	425 ----- 936.7
47.5 ---- 104.5	142.5 --- 314	237.5 --- 523.5	332 ----- 733	427.5 --- 942.2
50 ----- 110	145 ----- 319.5	240 ----- 529	335 ----- 738.5	430 ----- 947.7
52.5 ---- 115.5	147.5 --- 325	242.5 --- 534.5	337.5 --- 744	432.5 --- 953.2
55 ----- 121.2	150 ----- 330.5	245 ----- 540	340 ----- 749.5	435 ----- 959
57.5 --- 126.7	152.5 --- 336	247.5 --- 545.5	342.5 --- 755	437.5 --- 964.5
60 ----- 132.2	155 ----- 341.5	250 ----- 551	345 ----- 760.5	440 ----- 970
62.5 --- 137.7	157.5 --- 347	252.5 --- 556.5	347.5 --- 766	442.5 --- 975.5
65 ----- 143.2	160 ----- 352.5	255 ----- 562	350 ----- 771.5	445 ----- 981
67.5 --- 148.7	162.5 --- 358	257.5 --- 567.5	352.5 --- 777	447.5 --- 986.5
70 ----- 154.2	165 ----- 363.7	260 ----- 573	355 ----- 782.5	450 ----- 992
72.5 ---- 159.7	167.5 --- 369.2	262.5 --- 578.5	357.5 --- 788	452.5 --- 997.5
75 ----- 165.2	170 ----- 374.7	265 ----- 584	360 ----- 793.5	455 ----1003
77.5 ---- 170.7	172.5 --- 380.2	267.5 --- 589.5	362.5 --- 799	457.5 --1008.5
80 ----- 176.2	175 ----- 385.7	270 ----- 595	365 ----- 804.5	460 ----1014
82.5 ---- 181.7	177.5 --- 391.2	272.5 --- 600.7	367.5 --- 810	462.5 - 1019.5
85 ----- 187.2	180 ----- 396.7	275 ----- 606.2	370 ----- 815.5	465 --- 1025
87.5 ---- 192.7	182.5 --- 402.2	277.5 --- 611.7	372.5 --- 821	467.5 --1030.5
90 ----- 198.2	185 ----- 407.7	280 ----- 617.2	375 ----- 826.5	470 --- 1036
92.5 --- 203.7	187.5 --- 413.2	282.5 --- 622.7	377.5 --- 832	472.5 --1041.5
95 ----- 209.2	190 ----- 418.7	285 ----- 628.2	380 ----- 837.5	475 ----1047
97.5 --- 214.7	192.5 --- 424.2	287.5 --- 633.7	382.5 --- 843.2	477.5 - 1052.5
100 ----- 220.2	195 ----- 429.7	290 ----- 639.2	385 ----- 848.7	480 -----1058
102.5 --- 225.7	197.5 --- 435.2	292.5 --- 644.7	387.5 --- 854.2	482.5 --1063.5
105 ----- 231.2	200 ----- 440.7	295 ----- 650.2	390 ----- 859.7	485 ----1069
107.5 --- 236.7	202.5 --- 446.2	297.5 --- 655.7	392.5 --- 865.2	487.5 - 1074.5
110 ----- 242.5	205 ----- 451.7	300 ----- 661.2	395 ----- 870.7	490 ----1080.2
112.5 --- 248	207.5 --- 457.2	302.5 --- 666.7	397.5 --- 876.2	492.5 --1085.7
115 ----- 253.5	210 ----- 462.7	305 ----- 672.2	400 ----- 881.7	495 --- 1091.2
117.5 --- 259	212.5 --- 468.2	307.5 --- 677.7	402 5 --- 887.2	497.5 --1096.7
				500 ---1102.2