

WEIGHT AND POWER CHART

Movements (1/3rd turn)

KG	LBS	ST	LBS	SILVER	GOLD
117	258	18st	6lbs		15
115	254	18st	2lbs		14
112	247	17st	9lbs		13
109	240	17st	2lbs		12
106	234	16st	10lbs		11
104	229	16st	5lbs		10
101	223	15st	13lbs		9
98	216	15st	6lbs		8
95	209	14st	13lbs		7
93	205	14st	9lbs		6
90	198	14st	2lbs		5
87	192	13st	10lbs		4
85	187	13st	5lbs	15	3
84	185	13st	3lbs	14	3
83	183	13st	1lbs	14	2
82	181	12st	13lbs	13	2
81	179	12st	11lbs	13	1
79	174	12st	6lbs	12	1
77	170	12st	2lbs	11	0
75	165	11st	11lbs	10	0
73	161	11st	7lbs	9	
71	157	11st	3lbs	8	
69	152	10st	12lbs	7	
67	148	10st	8lbs	6	
65	143	10st	3lbs	5	
63	139	9st	13lbs	4	
61	134	9st	8lbs	3	
59	130	9st	4lbs	2	
57	126	9st	0lbs	1	
55	121	8st	9lbs	0	