

Converstion Chart - Kilograms to Pounds

kg	lbs	kg	lbs	kg	lbs	kg	lbs	kg	lbs
1	2.20	31	68.34	61	134.48	91	200.62	121	266.76
2	4.41	32	70.55	62	136.69	92	202.83	122	268.96
3	6.61	33	72.75	63	138.89	93	205.03	123	271.17
4	8.82	34	74.96	64	141.10	94	207.23	124	273.37
5	11.02	35	77.16	65	143.30	95	209.44	125	275.58
6	13.23	36	79.37	66	145.51	96	211.64	126	277.78
7	15.43	37	81.57	67	147.71	97	213.85	127	279.99
8	17.64	38	83.78	68	149.92	98	216.05	128	282.19
9	19.84	39	85.98	69	152.12	99	218.26	129	284.40
10	22.05	40	88.18	70	154.32	100	220.46	130	286.60
11	24.25	41	90.39	71	156.53	101	222.67	131	288.81
12	26.46	42	92.59	72	158.73	102	224.87	132	291.01
13	28.66	43	94.80	73	160.94	103	227.08	133	293.21
14	30.86	44	97.00	74	163.14	104	229.28	134	295.42
15	33.07	45	99.21	75	165.35	105	231.49	135	297.62
16	35.27	46	101.41	76	167.55	106	233.69	136	299.83
17	37.48	47	103.62	77	169.76	107	235.89	137	302.03
18	39.68	48	105.82	78	171.96	108	238.10	138	304.24
19	41.89	49	108.03	79	174.17	109	240.30	139	306.44
20	44.09	50	110.23	80	176.37	110	242.51	140	308.65
21	46.30	51	112.44	81	178.58	111	244.71	141	310.85
22	48.50	52	114.64	82	180.78	112	246.92	142	313.06
23	50.71	53	116.84	83	182.98	113	249.12	143	315.26
24	52.91	54	119.05	84	185.19	114	251.33	144	317.47
25	55.12	55	121.25	85	187.39	115	253.53	145	319.67
26	57.32	56	123.46	86	189.60	116	255.74	146	321.87
27	59.52	57	125.66	87	191.80	117	257.94	147	324.08
28	61.73	58	127.87	88	194.01	118	260.15	148	326.28
29	63.93	59	130.07	89	196.21	119	262.35	149	328.49
30	66.14	60	132.28	90	198.42	120	264.55	150	330.69

Reps & Sets - Team Salina