

Belastningsschema - (*Klovarschema*)

Skivstången skall alltid belastas (*klovas*) med minsta möjliga antal vikter.


Skivstång = 20kg samt


lås (*klov*) = 2,5 kg


används alltid som grund.


Belastningsschemat visar stångens ena sida, stång och lås visas ej på bilden.


Följande färger används:

25 kg = 

20 kg = 

15 kg = 

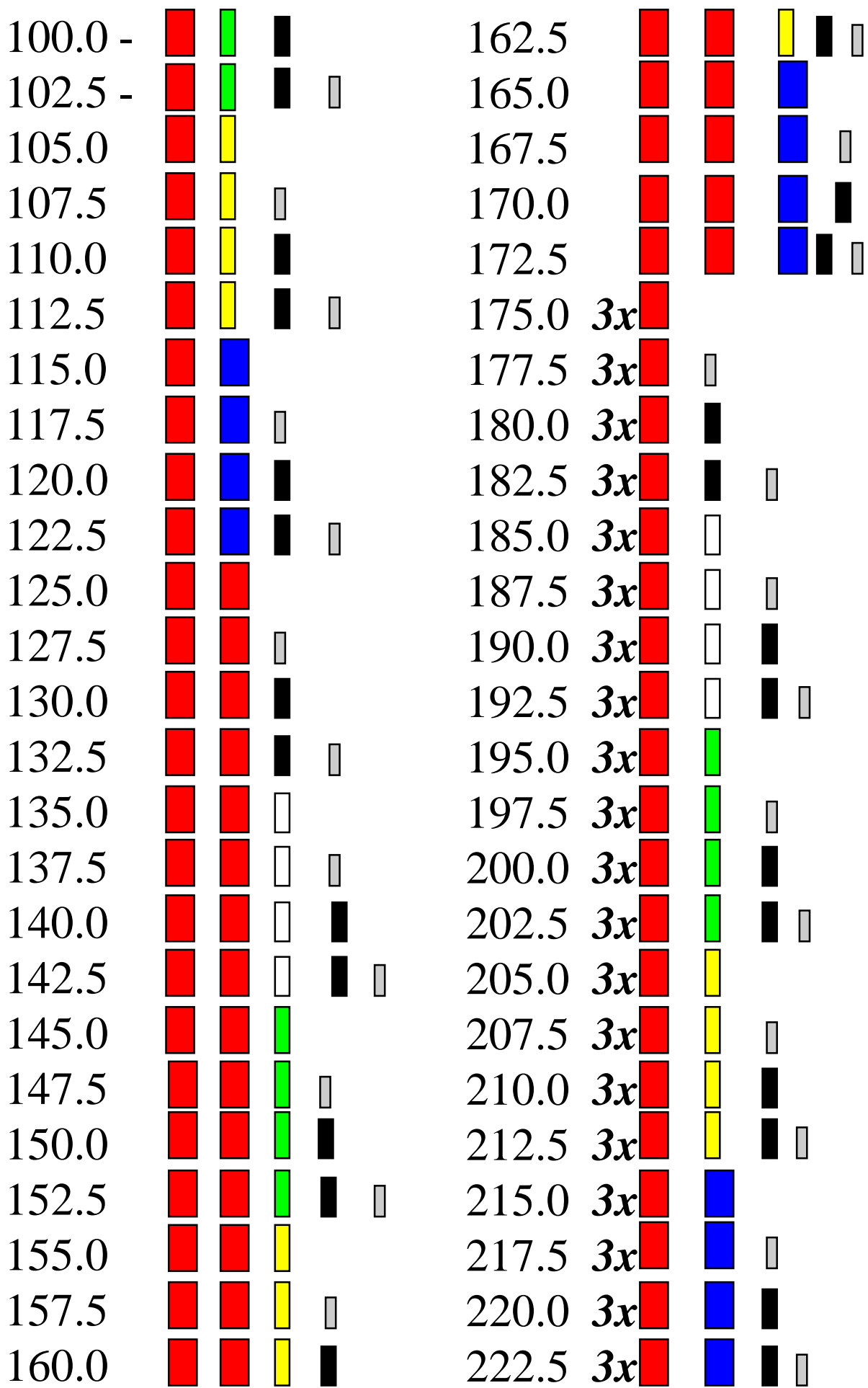
10 kg = 

5 kg = 

















































































































2,5 kg = 

1,25 kg = 





225.0	4x	█				287.5	5x	█	█	█
227.5	4x	█	█			290.0	5x	█	█	█
230.0	4x	█	█			292.5	5x	█	█	█
232.5	4x	█	█	█		295.0	5x	█	█	
235.0	4x	█	█			297.5	5x	█	█	
237.5	4x	█	█	█		300.0	5x	█	█	█
240.0	4x	█	█	█		302.5	5x	█	█	█
242.5	4x	█	█	█	█	305.0	5x	█	█	
245.0	4x	█	█			307.5	5x	█	█	█
247.5	4x	█	█	█		310.0	5x	█	█	█
250.0	4x	█	█	█		312.5	5x	█	█	█
252.5	4x	█	█	█	█	315.0	5x	█	█	
255.0	4x	█	█			317.5	5x	█	█	█
257.5	4x	█	█	█		320.0	5x	█	█	█
260.0	4x	█	█	█		322.5	5x	█	█	█
262.5	4x	█	█	█	█	325.0	6x	█		
265.0	4x	█	█			327.5	6x	█	█	
267.5	4x	█	█	█		330.0	6x	█	█	
270.0	4x	█	█	█		332.5	6x	█	█	█
272.5	4x	█	█	█	█	335.0	6x	█	█	
275.0	5x	█				337.5	6x	█	█	█
277.5	5x	█	█			340.0	6x	█	█	█
280.0	5x	█	█			342.5	6x	█	█	█
282.5	5x	█	█	█		345.0	6x	█	█	
285.0	5x	█	█			347.5	6x	█	█	█

350.0	6x					412.5	7x				
352.5	6x					415.0	7x				
355.0	6x					417.5	7x				
357.5	6x					420.0	7x				
360.0	6x					422.5	7x				
362.5	6x					425.0	8x				
365.0	6x					427.5	8x				
367.5	6x					430.0	8x				
370.0	6x					432.5	8x				
372.5	6x					435.0	8x				
375.0	7x					437.5	8x				
377.5	7x					440.0	8x				
380.0	7x					442.5	8x				
382.5	7x					445.0	8x				
385.0	7x					447.5	8x				
387.5	7x					450.0	8x				
390.0	7x										
392.5	7x										
395.0	7x										
397.5	7x										
400.0	7x										
402.5	7x										
405.0	7x										
407.5	7x										
410.0	7x	