

## Kilos to Pounds Conversion Chart

KG	LB	KG	LB	KG	LB	KG	LB	KG	LB	KG	LB
25	55.1	79	174.2	133	293.2	187	412.3	241	531.3	295	650.4
26	57.3	80	176.4	134	295.4	188	414.5	242	533.5	296	652.6
27	59.5	81	178.6	135	297.6	189	416.7	243	535.7	297	654.8
28	61.7	82	180.8	136	299.8	190	418.9	244	537.9	298	657.0
29	63.9	83	183.0	137	302.0	191	421.1	245	540.1	299	659.2
30	66.1	84	185.2	138	304.2	192	423.3	246	542.3	300	661.4
31	68.3	85	187.4	139	306.4	193	425.5	247	544.5	301	663.6
32	70.5	86	189.6	140	308.6	194	427.7	248	546.7	302	665.8
33	72.8	87	191.8	141	310.9	195	429.9	249	549.0	303	668.0
34	75.0	88	194.0	142	313.1	196	432.1	250	551.2	304	670.2
35	77.2	89	196.2	143	315.3	197	434.3	251	553.4	305	672.4
36	79.4	90	198.4	144	317.5	198	436.5	252	555.6	306	674.6
37	81.6	91	200.6	145	319.7	199	438.7	253	557.8	307	676.8
38	83.8	92	202.8	146	321.9	200	440.9	254	560.0	308	679.0
39	86.0	93	205.0	147	324.1	201	443.1	255	562.2	309	681.2
40	88.2	94	207.2	148	326.3	202	445.3	256	564.4	310	683.4
41	90.4	95	209.4	149	328.5	203	447.5	257	566.6	311	685.6
42	92.6	96	211.6	150	330.7	204	449.7	258	568.8	312	687.8
43	94.8	97	213.8	151	332.9	205	451.9	259	571.0	313	690.0
44	97.0	98	216.1	152	335.1	206	454.2	260	573.2	314	692.3
45	99.2	99	218.3	153	337.3	207	456.4	261	575.4	315	694.5
46	101.4	100	220.5	154	339.5	208	458.6	262	577.6	316	696.7
47	103.6	101	222.7	155	341.7	209	460.8	263	579.8	317	698.9
48	105.8	102	224.9	156	343.9	210	463.0	264	582.0	318	701.1
49	108.0	103	227.1	157	346.1	211	465.2	265	584.2	319	703.3
50	110.2	104	229.3	158	348.3	212	467.4	266	586.4	320	705.5
51	112.4	105	231.5	159	350.5	213	469.6	267	588.6	321	707.7
52	114.6	106	233.7	160	352.7	214	471.8	268	590.8	322	709.9
53	116.8	107	235.9	161	354.9	215	474.0	269	593.0	323	712.1
54	119.0	108	238.1	162	357.1	216	476.2	270	595.2	324	714.3
55	121.3	109	240.3	163	359.4	217	478.4	271	597.5	325	716.5
56	123.5	110	242.5	164	361.6	218	480.6	272	599.7	326	718.7
57	125.7	111	244.7	165	363.8	219	482.8	273	601.9	327	720.9
58	127.9	112	246.9	166	366.0	220	485.0	274	604.1	328	723.1
59	130.1	113	249.1	167	368.2	221	487.2	275	606.3	329	725.3
60	132.3	114	251.3	168	370.4	222	489.4	276	608.5	330	727.5
61	134.5	115	253.5	169	372.6	223	491.6	277	610.7	331	729.7
62	136.7	116	255.7	170	374.8	224	493.8	278	612.9	332	731.9
63	138.9	117	257.9	171	377.0	225	496.0	279	615.1	333	734.1
64	141.1	118	260.1	172	379.2	226	498.2	280	617.3	334	736.3
65	143.3	119	262.3	173	381.4	227	500.4	281	619.5	335	738.5
66	145.5	120	264.6	174	383.6	228	502.7	282	621.7	336	740.8
67	147.7	121	266.8	175	385.8	229	504.9	283	623.9	337	743.0
68	149.9	122	269.0	176	388.0	230	507.1	284	626.1	338	745.2
69	152.1	123	271.2	177	390.2	231	509.3	285	628.3	339	747.4
70	154.3	124	273.4	178	392.4	232	511.5	286	630.5	340	749.6
71	156.5	125	275.6	179	394.6	233	513.7	287	632.7	341	751.8
72	158.7	126	277.8	180	396.8	234	515.9	288	634.9	342	754.0
73	160.9	127	280.0	181	399.0	235	518.1	289	637.1	343	756.2
74	163.1	128	282.2	182	401.2	236	520.3	290	639.3	344	758.4
75	165.3	129	284.4	183	403.4	237	522.5	291	641.5	345	760.6
76	167.6	130	286.6	184	405.7	238	524.7	292	643.7	346	762.8
77	169.8	131	288.8	185	407.9	239	526.9	293	646.0	347	765.0
78	172.0	132	291.0	186	410.1	240	529.1	294	648.2	348	767.2

Minimum increase for a lift is 1 kg.

For conversion, 1 kg = 2.20462 lb. All pound values rounded to nearest tenth.