



UNIBAR STANDARD SIZES

| DIA | ROUNDS | | | | | DIM | ROUNDS | | | | | DIM | RECTANGLES | | | | | DIM | RECTANGLES | | | | |
|-----|--------------|--------|--------|---------|--------|-----------|--------------|--------|----|---------|----|-----------|--------------|--------|----|---------|----|-----------|--------------|--------|----|---------|----|
| | Weight kg | UCB UK | | UCB CPZ | | | Weight kg | UCB UK | | UCB CPZ | | | Weight kg | UCB UK | | UCB CPZ | | | Weight kg | UCB UK | | UCB CPZ | |
| | | Flake | SG | Flake | SG | | | Flake | SG | Flake | SG | | | Flake | SG | Flake | SG | | | Flake | SG | Flake | SG |
| 25 | 11.0 | ● | PEELED | ● | PEELED | 400 | 2826.6 | ● | ● | ● | ● | 50 x 30 | 33.7 | ● | ● | ● | ● | 160 x 40 | 143.9 | ● | ● | ● | ● |
| 30 | 15.9 | ● | PEELED | ● | PEELED | 410 | 2969.7 | ● | ● | ● | ● | 50 x 40 | 45.0 | ● | ● | ● | ● | 160 x 50 | 179.9 | ● | ● | ● | ● |
| 35 | 21.6 | ● | ● | ● | ● | 420 | 3116.3 | ● | ● | ● | ● | 51 x 46 | 52.7 | ● | ● | ● | ● | 160 x 80 | 287.8 | ● | ● | ● | ● |
| 40 | 28.3 | ● | ● | ● | ● | 450 | 3577.4 | ● | ● | ● | ● | 60 x 30 | 40.5 | ● | ● | ● | ● | 160 x 100 | 359.7 | ● | ● | ● | ● |
| 45 | 35.8 | ● | ● | ● | ● | 470 | 3902.4 | ● | ● | ● | ● | 60 x 40 | 54.0 | ● | ● | ● | ● | 160 x 110 | 395.7 | ● | ● | ● | ● |
| 50 | 44.2 | ● | ● | ● | ● | 480 | 4070.2 | ● | ● | ● | ● | 60 x 50 | 67.5 | ● | ● | ● | ● | 160 x 120 | 431.7 | ● | ● | ● | ● |
| 51 | 45.9 | ● | ● | ● | ● | 500 | 4416.5 | ● | ● | ● | ● | 70 x 40 | 63.0 | ● | ● | ● | ● | 160 x 130 | 467.7 | ● | ● | ● | ● |
| 55 | 53.4 | ● | ● | ● | ● | 530 | 4962.4 | ● | ● | ● | ● | 70 x 50 | 78.7 | ● | ● | ● | ● | 165 x 135 | 500.8 | ● | ● | ● | ● |
| 56 | 55.4 | ● | ● | ● | ● | 550 | 5344.0 | ● | ● | ● | ● | 70 x 60 | 94.4 | ● | ● | ● | ● | 160 x 140 | 503.6 | ● | ● | ● | ● |
| 60 | 63.6 | ● | ● | ● | ● | 575 | 5840.8 | ● | ● | ● | ● | 80 x 30 | 54.0 | ● | ● | ● | ● | 165 x 90 | 333.9 | ● | ● | ● | ● |
| 61 | 65.7 | ● | ● | ● | ● | 600 | 6359.8 | ● | ● | ● | ● | 80 x 40 | 71.9 | ● | ● | ● | ● | 170 x 110 | 420.5 | ● | ● | ● | ● |
| 65 | 74.6 | ● | ● | ● | ● | 635 | 7123.4 | ● | ● | ● | ● | 80 x 50 | 89.9 | ● | ● | ● | ● | 170 x 120 | 458.7 | ● | ● | ● | ● |
| 66 | 77.0 | ● | ● | ● | ● | 665 | 7812.3 | ● | ● | ● | ● | 80 x 60 | 107.9 | ● | ● | ● | ● | 170 x 130 | 496.9 | ● | ● | ● | ● |
| 70 | 86.6 | ● | ● | ● | ● | 700 | 8656.3 | ● | ● | ● | ● | 80 x 70 | 125.9 | ● | ● | ● | ● | 170 x 135 | 516.0 | ● | ● | ● | ● |
| 71 | 89.1 | ● | ● | ● | ● | | | | | | | 80 x 75 | 134.9 | ● | ● | ● | ● | 175 x 110 | 432.8 | ● | ● | ● | ● |
| 75 | 99.4 | ● | ● | ● | ● | | | | | | | 82 x 69 | 127.2 | ● | ● | ● | ● | 180 x 50 | 202.4 | ● | ● | ● | ● |
| 76 | 102.0 | ● | ● | ● | ● | | | | | | | 85 x 55 | 105.1 | ● | ● | ● | ● | 180 x 93 | 376.4 | ● | ● | ● | ● |
| 80 | 113.1 | ● | ● | ● | ● | | | | | | | 86 x 66 | 127.6 | ● | ● | ● | ● | 180 x 100 | 404.7 | ● | ● | ● | ● |
| 81 | 115.9 | ● | ● | ● | ● | 30 x 30 | 20.2 | ● | ● | ● | ● | 88 x 82 | 162.2 | ● | ● | ● | ● | 180 x 120 | 485.7 | ● | ● | ● | ● |
| 85 | 127.6 | ● | ● | ● | ● | 40 x 40 | 36.0 | ● | ● | ● | ● | 90 x 40 | 80.9 | ● | ● | ● | ● | 180 x 130 | 526.1 | ● | ● | ● | ● |
| 86 | 130.7 | ● | ● | ● | ● | 50 x 50 | 56.2 | ● | ● | ● | ● | 90 x 50 | 101.2 | ● | ● | ● | ● | 180 x 140 | 566.6 | ● | ● | ● | ● |
| 90 | 143.1 | ● | ● | ● | ● | 55 x 55 | 68.0 | ● | ● | ● | ● | 90 x 60 | 121.4 | ● | ● | ● | ● | 180 x 165 | 667.8 | ● | ● | ● | ● |
| 91 | 146.3 | ● | ● | ● | ● | 60 x 60 | 80.9 | ● | ● | ● | ● | 90 x 70 | 141.6 | ● | ● | ● | ● | 185 x 165 | 686.3 | ● | ● | ● | ● |
| 95 | 159.4 | ● | ● | ● | ● | 65 x 65 | 95.0 | ● | ● | ● | ● | 90 x 80 | 161.9 | ● | ● | ● | ● | 190 x 110 | 469.9 | ● | ● | ● | ● |
| 96 | 162.8 | ● | ● | ● | ● | 70 x 70 | 110.2 | ● | ● | ● | ● | 91 x 66 | 135.0 | ● | ● | ● | ● | 190 x 130 | 555.4 | ● | ● | ● | ● |
| 100 | 176.7 | ● | ● | ● | ● | 75 x 75 | 126.5 | ● | ● | ● | ● | 97 x 77 | 167.9 | ● | ● | ● | ● | 190 x 150 | 640.8 | ● | ● | ● | ● |
| 101 | 180.2 | ● | ● | ● | ● | 80 x 80 | 143.9 | ● | ● | ● | ● | 100 x 40 | 89.9 | ● | ● | ● | ● | 190 x 160 | 683.5 | ● | ● | ● | ● |
| 105 | 194.8 | ● | ● | ● | ● | 85 x 85 | 162.4 | ● | ● | ● | ● | 100 x 50 | 112.4 | ● | ● | ● | ● | 200 x 80 | 359.7 | ● | ● | ● | ● |
| 106 | 198.5 | ● | ● | ● | ● | 90 x 90 | 182.1 | ● | ● | ● | ● | 100 x 60 | 134.9 | ● | ● | ● | ● | 200 x 140 | 629.6 | ● | ● | ● | ● |
| 110 | 213.8 | ● | ● | ● | ● | 95 x 95 | 202.9 | ● | ● | ● | ● | 100 x 70 | 157.4 | ● | ● | ● | ● | 210 x 105 | 495.8 | ● | ● | ● | ● |
| 111 | 217.7 | ● | ● | ● | ● | 100 x 100 | 224.8 | ● | ● | ● | ● | 100 x 80 | 179.9 | ● | ● | ● | ● | 210 x 130 | 613.8 | ● | ● | ● | ● |
| 115 | 233.6 | ● | ● | ● | ● | 110 x 110 | 272.1 | ● | ● | ● | ● | 100 x 82 | 184.4 | ● | ● | ● | ● | 210 x 160 | 755.5 | ● | ● | ● | ● |
| 116 | 237.7 | ● | ● | ● | ● | 120 x 120 | 323.8 | ● | ● | ● | ● | 100 x 95 | 213.6 | ● | ● | ● | ● | 210 x 170 | 802.7 | ● | ● | ● | ● |
| 120 | 254.4 | ● | ● | ● | ● | 125 x 125 | 351.3 | ● | ● | ● | ● | 110 x 62 | 153.3 | ● | ● | ● | ● | 215 x 140 | 676.8 | ● | ● | ● | ● |
| 125 | 276.0 | ● | ● | ● | ● | 130 x 130 | 380.0 | ● | ● | ● | ● | 110 x 70 | 173.1 | ● | ● | ● | ● | 215 x 175 | 846.0 | ● | ● | ● | ● |
| 130 | 298.6 | ● | ● | ● | ● | 135 x 135 | 409.8 | ● | ● | ● | ● | 110 x 80 | 197.9 | ● | ● | ● | ● | 220 x 70 | 346.3 | ● | ● | ● | ● |
| 135 | 322.0 | ● | ● | ● | ● | 140 x 140 | 440.7 | ● | ● | ● | ● | 110 x 85 | 210.2 | ● | ● | ● | ● | 220 x 100 | 494.6 | ● | ● | ● | ● |
| 140 | 346.3 | ● | ● | ● | ● | 145 x 145 | 472.7 | ● | ● | ● | ● | 110 x 90 | 222.6 | ● | ● | ● | ● | 220 x 135 | 667.8 | ● | ● | ● | ● |
| 145 | 371.4 | ● | ● | ● | ● | 150 x 150 | 505.9 | ● | ● | ● | ● | 110 x 100 | 247.3 | ● | ● | ● | ● | 220 x 160 | 791.4 | ● | ● | ● | ● |
| 150 | 397.5 | ● | ● | ● | ● | 155 x 155 | 540.2 | ● | ● | ● | ● | 118 x 88 | 233.5 | ● | ● | ● | ● | 220 x 170 | 840.9 | ● | ● | ● | ● |
| 155 | 424.4 | ● | ● | ● | ● | 160 x 160 | 575.6 | ● | ● | ● | ● | 120 x 40 | 107.9 | ● | ● | ● | ● | 220 x 205 | 1014.0 | ● | ● | ● | ● |
| 160 | 452.2 | ● | ● | ● | ● | 165 x 165 | 612.1 | ● | ● | ● | ● | 120 x 60 | 161.9 | ● | ● | ● | ● | 225 x 175 | 885.3 | ● | ● | ● | ● |
| 170 | 510.5 | ● | ● | ● | ● | 170 x 170 | 649.8 | ● | ● | ● | ● | 120 x 80 | 215.8 | ● | ● | ● | ● | 225 x 190 | 961.2 | ● | ● | ● | ● |
| 175 | 541.0 | ● | ● | ● | ● | 180 x 180 | 728.5 | ● | ● | ● | ● | 120 x 90 | 242.8 | ● | ● | ● | ● | 230 x 110 | 568.8 | ● | ● | ● | ● |
| 180 | 572.4 | ● | ● | ● | ● | 185 x 185 | 769.5 | ● | ● | ● | ● | 120 x 95 | 256.3 | ● | ● | ● | ● | 230 x 180 | 930.8 | ● | ● | ● | ● |
| 185 | 604.6 | ● | ● | ● | ● | 190 x 190 | 811.7 | ● | ● | ● | ● | 120 x 100 | 269.8 | ● | ● | ● | ● | 240 x 160 | 863.4 | ● | ● | ● | ● |
| 190 | 637.7 | ● | ● | ● | ● | 200 x 200 | 899.4 | ● | ● | ● | ● | 130 x 40 | 116.9 | ● | ● | ● | ● | 240 x 200 | 1079.2 | ● | ● | ● | ● |
| 195 | 671.7 | ● | ● | ● | ● | 210 x 210 | 991.5 | ● | ● | ● | ● | 130 x 60 | 175.4 | ● | ● | ● | ● | 250 x 70 | 393.5 | ● | ● | ● | ● |
| 200 | 706.6 | ● | ● | ● | ● | 215 x 215 | 1039.3 | ● | ● | ● | ● | 130 x 70 | 204.6 | ● | ● | ● | ● | 250 x 120 | 674.5 | ● | ● | ● | ● |
| 205 | 742.4 | ● | ● | ● | ● | 220 x 220 | 1088.2 | ● | ● | ● | ● | 130 x 80 | 233.8 | ● | ● | ● | ● | 270 x 90 | 546.4 | ● | ● | ● | ● |
| 210 | 779.1 | ● | ● | ● | ● | 230 x 230 | 1189.4 | ● | ● | ● | ● | 130 x 90 | 263.1 | ● | ● | ● | ● | 270 x 220 | 1335.5 | ● | ● | ● | ● |
| 215 | 816.6 | ● | ● | ● | ● | 240 x 240 | 1295.1 | ● | ● | ● | ● | 130 x 105 | 306.9 | ● | ● | ● | ● | 280 x 180 | 1133.2 | ● | ● | ● | ● |
| 220 | 855.0 | ● | ● | ● | ● | 250 x 250 | 1405.3 | ● | ● | ● | ● | 130 x 100 | 292.3 | ● | ● | ● | ● | 310 x 260 | 1812.2 | ● | ● | ● | ● |
| 230 | 934.5 | ● | ● | ● | ● | 260 x 260 | 1519.9 | ● | ● | ● | ● | 130 x 110 | 321.5 | ● | ● | ● | ● | 320 x 220 | 1582.9 | ● | ● | ● | ● |
| 240 | 1017.6 | ● | ● | ● | ● | 280 x 280 | 1762.7 | ● | ● | ● | ● | 130 x 115 | 336.1 | ● | ● | ● | ● | 370 x 250 | 2079.8 | ● | ● | ● | ● |
| 250 | 1104.1 | ● | ● | ● | ● | 290 x 290 | 1890.9 | ● | ● | ● | ● | 135 x 85 | 258.0 | ● | ● | ● | ● | 380 x 275 | 2349.6 | ● | ● | ● | ● |
| 260 | 1194.2 | ● | ● | ● | ● | 300 x 300 | 2023.6 | ● | ● | ● | ● | 140 x 80 | 251.8 | ● | ● | ● | ● | 460 x 420 | 4343.9 | ● | ● | ● | ● |
| 270 | 1287.9 | ● | ● | ● | ● | 310 x 310 | 2160.7 | ● | ● | ● | ● | 140 x 90 | 283.3 | ● | ● | ● | ● | 480 x 430 | 4640.7 | ● | ● | ● | ● |
| 280 | 1385.0 | ● | ● | ● | ● | 320 x 320 | 2302.4 | ● | ● | ● | ● | 140 x 100 | 314.8 | ● | ● | ● | ● | 550 x 380 | 4699.2 | ● | ● | ● | ● |
| 290 | 1485.7 | ● | ● | ● | ● | 330 x 330 | 2448.5 | ● | ● | ● | ● | 140 x 110 | 346.3 | ● | ● | ● | ● | 575 x 255 | 3296.7 | ● | ● | ● | ● |
| 300 | 1589.9 | ● | ● | ● | ● | 340 x 340 | 2599.2 | ● | ● | ● | ● | 140 x 120 | 377.7 | ● | ● | ● | ● | 650 x 300 | 4384.4 | ● | ● | ● | ● |
| 310 | 1697.7 | ● | ● | ● | ● | 360 x 360 | 2913.9 | ● | ● | ● | ● | 150 x 60 | 202.4 | ● | ● | ● | ● | 620 x 370 | 5157.8 | ● | ● | ● | ● |
| 320 | 1809.0 | ● | ● | ● | ● | 410 x 410 | 3779.6 | ● | ● | ● | ● | 150 x 70 | 236.1 | ● | ● | ● | ● | 650 x 510 | 7453.4 | ● | ● | ● | ● |
| 330 | 1923.8 | ● | ● | ● | ● | 450 x 450 | 4553.0 | ● | ● | ● | ● | 150 x 90 | 303.5 | ● | ● | ● | ● | 750 x 550 | 9274.7 | ● | ● | ● | ● |
| 340 | 2042.2 | | | | | | | | | | | | | | | | | | | | | | |