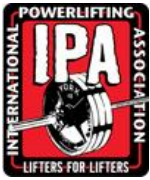


60lbs (50 lb bar with collars @5 lbs each)

Total Weight (including collars @ 5# ea.)	PLATE INCREMENT					
	<u>100</u>	<u>45</u>	<u>25</u>	<u>10</u>	<u>5</u>	<u>2.5</u>
60						
65						1 x 2.5
70					1 x 5	
75					1 x 5	1 x 2.5
80				1 x 10		
85				1 x 10		1 x 2.5
90				1 x 10	1 x 5	
95				1 x 10	1 x 5	1 x 2.5
100				2 x 10		
105				2 x 10		1 x 2.5
110			1 x 25			
115			1 x 25			1 x 2.5
120			1 x 25		1 x 5	
125			1 x 25		1 x 5	1 x 2.5
130			1 x 25	1 x 10		
135			1 x 25	1 x 10		1 x 2.5
140			1 x 25	1 x 10	1 x 5	
145			1 x 25	1 x 10	1 x 5	1 x 2.5
150		1 x 45				
155		1 x 45				1 x 2.5
160		1 x 45			1 x 5	
165		1 x 45			1 x 5	1 x 2.5
170		1 x 45		1 x 10		
175		1 x 45		1 x 10		1 x 2.5
180		1 x 45		1 x 10	1 x 5	
185		1 x 45		1 x 10	1 x 5	1 x 2.5
190		1 x 45		2 x 10		
195		1 x 45		2 x 10		1 x 2.5
200		1 x 45	1 x 25			
205		1 x 45	1 x 25			1 x 2.5
210		1 x 45	1 x 25		1 x 5	



60lbs (50 lb bar with collars @5 lbs each)

Total Weight (including collars @ 5# ea.)	PLATE INCREMENT					
	100	45	25	10	5	2.5
215		1 x 45	1 x 25		1 x 5	1 x 2.5
220		1 x 45	1 x 25	1 x 10		
225		1 x 45	1 x 25	1 x 10		1 x 2.5
230		1 x 45	1 x 25	1 x 10	1 x 5	
235		1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
240		2 x 45				
245		2 x 45				1 x 2.5
250		2 x 45			1 x 5	
255		2 x 45			1 x 5	1 x 2.5
260	1 x 100					
265	1 x 100					1 x 2.5
270	1 x 100				1 x 5	
275	1 x 100				1 x 5	1 x 2.5
280	1 x 100			1 x 10		
285	1 x 100			1 x 10		1 x 2.5
290	1 x 100			1 x 10	1 x 5	
295	1 x 100			1 x 10	1 x 5	1 x 2.5
300	1 x 100			2 x 10		
305	1 x 100			2 x 10		1 x 2.5
310	1 x 100		1 x 25			
315	1 x 100		1 x 25			1 x 2.5
320	1 x 100		1 x 25		1 x 5	
325	1 x 100		1 x 25		1 x 5	1 x 2.5
330	1 x 100		1 x 25	1 x 10		
335	1 x 100		1 x 25	1 x 10		1 x 2.5
340	1 x 100		1 x 25	1 x 10	1 x 5	
345	1 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
350	1 x 100	1 x 45				
355	1 x 100	1 x 45				1 x 2.5
360	1 x 100	1 x 45			1 x 5	
365	1 x 100	1 x 45			1 x 5	1 x 2.5



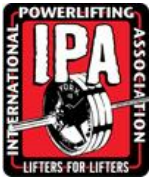
60lbs (50 lb bar with collars @5 lbs each)

Total Weight (including collars @ 5# ea.)	PLATE INCREMENT					
	<u>100</u>	<u>45</u>	<u>25</u>	<u>10</u>	<u>5</u>	<u>2.5</u>
370	1 x 100	1 x 45		1 x 10		
375	1 x 100	1 x 45		1 x 10		1 x 2.5
380	1 x 100	1 x 45		1 x 10	1 x 5	
385	1 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5
390	1 x 100	1 x 45		2 x 10		
395	1 x 100	1 x 45		2 x 10		1 x 2.5
400	1 x 100	1 x 45	1 x 25			
405	1 x 100	1 x 45	1 x 25			1 x 2.5
410	1 x 100	1 x 45	1 x 25		1 x 5	
415	1 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
420	1 x 100	1 x 45	1 x 25	1 x 10		
425	1 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
430	1 x 100	1 x 45	1 x 25	1 x 10	1 x 5	
435	1 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
440	1 x 100	2 x 45				
445	1 x 100	2 x 45				1 x 2.5
450	1 x 100	2 x 45			1 x 5	
455	1 x 100	2 x 45			1 x 5	1 x 2.5
460	2 x 100					
465	2 x 100					1 x 2.5
470	2 x 100				1 x 5	
475	2 x 100				1 x 5	1 x 2.5
480	2 x 100			1 x 10		
485	2 x 100			1 x 10		1 x 2.5
490	2 x 100			1 x 10	1 x 5	
495	2 x 100			1 x 10	1 x 5	1 x 2.5
500	2 x 100			2 x 10		
505	2 x 100			2 x 10		1 x 2.5
510	2 x 100		1 x 25			
515	2 x 100		1 x 25			1 x 2.5
520	2 x 100		1 x 25		1 x 5	



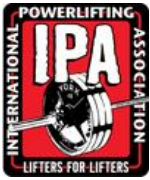
60lbs (50 lb bar with collars @5 lbs each)

Total Weight (including collars @ 5# ea.)	PLATE INCREMENT					
	<u>100</u>	<u>45</u>	<u>25</u>	<u>10</u>	<u>5</u>	<u>2.5</u>
525	2 x 100		1 x 25		1 x 5	1 x 2.5
530	2 x 100		1 x 25	1 x 10		
535	2 x 100		1 x 25	1 x 10		1 x 2.5
540	2 x 100		1 x 25	1 x 10	1 x 5	
545	2 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
550	2 x 100	1 x 45				
555	2 x 100	1 x 45				1 x 2.5
560	2 x 100	1 x 45			1 x 5	
565	2 x 100	1 x 45			1 x 5	1 x 2.5
570	2 x 100	1 x 45		1 x 10		
575	2 x 100	1 x 45		1 x 10		1 x 2.5
580	2 x 100	1 x 45		1 x 10	1 x 5	
585	2 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5
590	2 x 100	1 x 45		2 x 10		
595	2 x 100	1 x 45		2 x 10		1 x 2.5
600	2 x 100	1 x 45	1 x 25			
605	2 x 100	1 x 45	1 x 25			1 x 2.5
610	2 x 100	1 x 45	1 x 25		1 x 5	
615	2 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
620	2 x 100	1 x 45	1 x 25	1 x 10		
625	2 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
630	2 x 100	1 x 45	1 x 25	1 x 10	1 x 5	
635	2 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
640	2 x 100	2 x 45				
645	2 x 100	2 x 45				1 x 2.5
650	2 x 100	2 x 45			1 x 5	
655	2 x 100	2 x 45			1 x 5	1 x 2.5
660	3 x 100					
665	3 x 100					1 x 2.5
670	3 x 100				1 x 5	
675	3 x 100				1 x 5	1 x 2.5



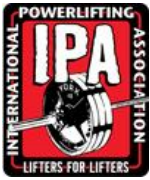
60lbs (50 lb bar with collars @5 lbs each)

Total Weight (including collars @ 5# ea.)	PLATE INCREMENT					
	<u>100</u>	<u>45</u>	<u>25</u>	<u>10</u>	<u>5</u>	<u>2.5</u>
680	3 x 100			1 x 10		
685	3 x 100			1 x 10		1 x 2.5
690	3 x 100			1 x 10	1 x 5	
695	3 x 100			1 x 10	1 x 5	1 x 2.5
700	3 x 100			2 x 10		
705	3 x 100			2 x 10		1 x 2.5
710	3 x 100		1 x 25			
715	3 x 100		1 x 25			1 x 2.5
720	3 x 100		1 x 25		1 x 5	
725	3 x 100		1 x 25		1 x 5	1 x 2.5
730	3 x 100		1 x 25	1 x 10		
735	3 x 100		1 x 25	1 x 10		1 x 2.5
740	3 x 100		1 x 25	1 x 10	1 x 5	
745	3 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
750	3 x 100	1 x 45				
755	3 x 100	1 x 45				1 x 2.5
760	3 x 100	1 x 45			1 x 5	
765	3 x 100	1 x 45			1 x 5	1 x 2.5
770	3 x 100	1 x 45		1 x 10		
775	3 x 100	1 x 45		1 x 10		1 x 2.5
780	3 x 100	1 x 45		1 x 10	1 x 5	
785	3 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5
790	3 x 100	1 x 45		2 x 10		
795	3 x 100	1 x 45		2 x 10		1 x 2.5
800	3 x 100	1 x 45	1 x 25			
805	3 x 100	1 x 45	1 x 25			1 x 2.5
810	3 x 100	1 x 45	1 x 25		1 x 5	
815	3 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
820	3 x 100	1 x 45	1 x 25	1 x 10		
825	3 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
830	3 x 100	1 x 45	1 x 25	1 x 10	1 x 5	



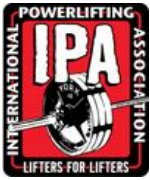
60lbs (50 lb bar with collars @5 lbs each)

Total Weight (including collars @ 5# ea.)	PLATE INCREMENT					
	<u>100</u>	<u>45</u>	<u>25</u>	<u>10</u>	<u>5</u>	<u>2.5</u>
835	3 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
840	3 x 100	2 x 45				
845	3 x 100	2 x 45				1 x 2.5
850	3 x 100	2 x 45			1 x 5	
855	3 x 100	2 x 45			1 x 5	1 x 2.5
860	4 x 100					
865	4 x 100					1 x 2.5
870	4 x 100				1 x 5	
875	4 x 100				1 x 5	1 x 2.5
880	4 x 100			1 x 10		
885	4 x 100			1 x 10		1 x 2.5
890	4 x 100			1 x 10	1 x 5	
895	4 x 100			1 x 10	1 x 5	1 x 2.5
900	4 x 100			2 x 10		
905	4 x 100			2 x 10		1 x 2.5
910	4 x 100		1 x 25			
915	4 x 100		1 x 25			1 x 2.5
920	4 x 100		1 x 25		1 x 5	
925	4 x 100		1 x 25		1 x 5	1 x 2.5
930	4 x 100		1 x 25	1 x 10		
935	4 x 100		1 x 25	1 x 10		1 x 2.5
940	4 x 100		1 x 25	1 x 10	1 x 5	
945	4 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
950	4 x 100	1 x 45				
955	4 x 100	1 x 45				1 x 2.5
960	4 x 100	1 x 45			1 x 5	
965	4 x 100	1 x 45			1 x 5	1 x 2.5
970	4 x 100	1 x 45		1 x 10		
975	4 x 100	1 x 45		1 x 10		1 x 2.5
980	4 x 100	1 x 45		1 x 10	1 x 5	
985	4 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5



60lbs (50 lb bar with collars @5 lbs each)

Total Weight (including collars @ 5# ea.)	PLATE INCREMENT					
	<u>100</u>	<u>45</u>	<u>25</u>	<u>10</u>	<u>5</u>	<u>2.5</u>
<b>990</b>	4 x 100	1 x 45		2 x 10		
<b>995</b>	4 x 100	1 x 45		2 x 10		1 x 2.5
<b>1000</b>	4 x 100	1 x 45	1 x 25			
<b>1005</b>	4 x 100	1 x 45	1 x 25			1 x 2.5
<b>1010</b>	4 x 100	1 x 45	1 x 25		1 x 5	
<b>1015</b>	4 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
<b>1020</b>	4 x 100	1 x 45	1 x 25	1 x 10		
<b>1025</b>	4 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
<b>1030</b>	4 x 100	1 x 45	1 x 25	1 x 10	1 x 5	
<b>1035</b>	4 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
<b>1040</b>	4 x 100	2 x 45				
<b>1045</b>	4 x 100	2 x 45				1 x 2.5
<b>1050</b>	4 x 100	2 x 45			1 x 5	
<b>1055</b>	4 x 100	2 x 45			1 x 5	1 x 2.5
<b>1060</b>	5 x 100					
<b>1065</b>	5 x 100					1 x 2.5
<b>1070</b>	5 x 100				1 x 5	
<b>1075</b>	5 x 100				1 x 5	1 x 2.5
<b>1080</b>	5 x 100			1 x 10		
<b>1085</b>	5 x 100			1 x 10		1 x 2.5
<b>1090</b>	5 x 100			1 x 10	1 x 5	
<b>1095</b>	5 x 100			1 x 10	1 x 5	1 x 2.5
<b>1100</b>	5 x 100			2 x 10		
<b>1105</b>	5 x 100			2 x 10		1 x 2.5
<b>1110</b>	5 x 100		1 x 25			
<b>1115</b>	5 x 100		1 x 25			1 x 2.5
<b>1120</b>	5 x 100		1 x 25		1 x 5	
<b>1125</b>	5 x 100		1 x 25		1 x 5	1 x 2.5
<b>1130</b>	5 x 100		1 x 25	1 x 10		
<b>1135</b>	5 x 100		1 x 25	1 x 10		1 x 2.5
<b>1140</b>	5 x 100		1 x 25	1 x 10	1 x 5	



60lbs (50 lb bar with collars @5 lbs each)

Total Weight (including collars @ 5# ea.)	PLATE INCREMENT					
	<u>100</u>	<u>45</u>	<u>25</u>	<u>10</u>	<u>5</u>	<u>2.5</u>
1145	5 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
1150	5 x 100	1 x 45				
1155	5 x 100	1 x 45				1 x 2.5
1160	5 x 100	1 x 45			1 x 5	
1165	5 x 100	1 x 45			1 x 5	1 x 2.5
1170	5 x 100	1 x 45		1 x 10		
1175	5 x 100	1 x 45		1 x 10		1 x 2.5
1180	5 x 100	1 x 45		1 x 10	1 x 5	
1185	5 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5
1190	5 x 100	1 x 45		2 x 10		
1195	5 x 100	1 x 45		2 x 10		1 x 2.5
1200	5 x 100	1 x 45	1 x 25			
1205	5 x 100	1 x 45	1 x 25			1 x 2.5
1210	5 x 100	1 x 45	1 x 25		1 x 5	
1215	5 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
1220	5 x 100	1 x 45	1 x 25	1 x 10		
1225	5 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
1230	5 x 100	1 x 45	1 x 25	1 x 10	1 x 5	
1235	5 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
1240	5 x 100	2 x 45				
1245	5 x 100	2 x 45				1 x 2.5
1250	5 x 100	2 x 45			1 x 5	
1255	5 x 100	2 x 45			1 x 5	1 x 2.5
1260	6 x 100					
1265	6 x 100					1 x 2.5
1270	6 x 100				1 x 5	
1275	6 x 100				1 x 5	1 x 2.5
1280	6 x 100			1 x 10		