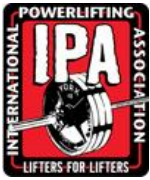


75lbs (65 lb bar with collars @5 lbs each)

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>
75						
80						1 x 2.5
85					1 x 5	
90					1 x 5	1 x 2.5
95				1 x 10		
100				1 x 10		1 x 2.5
105				1 x 10	1 x 5	
110				1 x 10	1 x 5	1 x 2.5
115				2 x 10		
120				2 x 10		1 x 2.5
125			1 x 25			
130			1 x 25			1 x 2.5
135			1 x 25		1 x 5	
140			1 x 25		1 x 5	1 x 2.5
145			1 x 25	1 x 10		
150			1 x 25	1 x 10		1 x 2.5
155			1 x 25	1 x 10	1 x 5	
160			1 x 25	1 x 10	1 x 5	1 x 2.5
165		1 x 45				
170		1 x 45				1 x 2.5
175		1 x 45			1 x 5	
180		1 x 45			1 x 5	1 x 2.5
185		1 x 45		1 x 10		
190		1 x 45		1 x 10		1 x 2.5
195		1 x 45		1 x 10	1 x 5	
200		1 x 45		1 x 10	1 x 5	1 x 2.5
205		1 x 45		2 x 10		
210		1 x 45		2 x 10		1 x 2.5
215		1 x 45	1 x 25			
220		1 x 45	1 x 25			1 x 2.5
225		1 x 45	1 x 25		1 x 5	



75lbs (65 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>
230		1 x 45	1 x 25		1 x 5	1 x 2.5
235		1 x 45	1 x 25	1 x 10		
240		1 x 45	1 x 25	1 x 10		1 x 2.5
245		1 x 45	1 x 25	1 x 10	1 x 5	
250		1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
255		2 x 45				
260		2 x 45				1 x 2.5
265		2 x 45			1 x 5	
270		2 x 45			1 x 5	1 x 2.5
275	1 x 100					
280	1 x 100					1 x 2.5
285	1 x 100				1 x 5	
290	1 x 100				1 x 5	1 x 2.5
295	1 x 100			1 x 10		
300	1 x 100			1 x 10		1 x 2.5
305	1 x 100			1 x 10	1 x 5	
310	1 x 100			1 x 10	1 x 5	1 x 2.5
315	1 x 100			2 x 10		
320	1 x 100			2 x 10		1 x 2.5
325	1 x 100		1 x 25			
330	1 x 100		1 x 25			1 x 2.5
335	1 x 100		1 x 25		1 x 5	
340	1 x 100		1 x 25		1 x 5	1 x 2.5
345	1 x 100		1 x 25	1 x 10		
350	1 x 100		1 x 25	1 x 10		1 x 2.5
355	1 x 100		1 x 25	1 x 10	1 x 5	
360	1 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
365	1 x 100	1 x 45				
370	1 x 100	1 x 45				1 x 2.5
375	1 x 100	1 x 45			1 x 5	
380	1 x 100	1 x 45			1 x 5	1 x 2.5



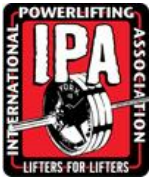
75lbs (65 lb bar with collars @5 lbs each)

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>
385	1 x 100	1 x 45		1 x 10		
390	1 x 100	1 x 45		1 x 10		1 x 2.5
395	1 x 100	1 x 45		1 x 10	1 x 5	
400	1 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5
405	1 x 100	1 x 45		2 x 10		
410	1 x 100	1 x 45		2 x 10		1 x 2.5
415	1 x 100	1 x 45	1 x 25			
420	1 x 100	1 x 45	1 x 25			1 x 2.5
425	1 x 100	1 x 45	1 x 25		1 x 5	
430	1 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
435	1 x 100	1 x 45	1 x 25	1 x 10		
440	1 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
445	1 x 100	1 x 45	1 x 25	1 x 10	1 x 5	
450	1 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
455	1 x 100	2 x 45				
460	1 x 100	2 x 45				1 x 2.5
465	1 x 100	2 x 45			1 x 5	
470	1 x 100	2 x 45			1 x 5	1 x 2.5
475	2 x 100					
480	2 x 100					1 x 2.5
485	2 x 100				1 x 5	
490	2 x 100				1 x 5	1 x 2.5
495	2 x 100			1 x 10		
500	2 x 100			1 x 10		1 x 2.5
505	2 x 100			1 x 10	1 x 5	
510	2 x 100			1 x 10	1 x 5	1 x 2.5
515	2 x 100			2 x 10		
520	2 x 100			2 x 10		1 x 2.5
525	2 x 100		1 x 25			
530	2 x 100		1 x 25			1 x 2.5
535	2 x 100		1 x 25		1 x 5	



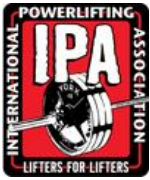
75lbs (65 lb bar with collars @5 lbs each)

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>
540	2 x 100		1 x 25		1 x 5	1 x 2.5
545	2 x 100		1 x 25	1 x 10		
550	2 x 100		1 x 25	1 x 10		1 x 2.5
555	2 x 100		1 x 25	1 x 10	1 x 5	
560	2 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
565	2 x 100	1 x 45				
570	2 x 100	1 x 45				1 x 2.5
575	2 x 100	1 x 45			1 x 5	
580	2 x 100	1 x 45			1 x 5	1 x 2.5
585	2 x 100	1 x 45		1 x 10		
590	2 x 100	1 x 45		1 x 10		1 x 2.5
595	2 x 100	1 x 45		1 x 10	1 x 5	
600	2 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5
605	2 x 100	1 x 45		2 x 10		
610	2 x 100	1 x 45		2 x 10		1 x 2.5
615	2 x 100	1 x 45	1 x 25			
620	2 x 100	1 x 45	1 x 25			1 x 2.5
625	2 x 100	1 x 45	1 x 25		1 x 5	
630	2 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
635	2 x 100	1 x 45	1 x 25	1 x 10		
640	2 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
645	2 x 100	1 x 45	1 x 25	1 x 10	1 x 5	
650	2 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
655	2 x 100	2 x 45				
660	2 x 100	2 x 45				1 x 2.5
665	2 x 100	2 x 45			1 x 5	
670	2 x 100	2 x 45			1 x 5	1 x 2.5
675	3 x 100					
680	3 x 100					1 x 2.5
685	3 x 100				1 x 5	
690	3 x 100				1 x 5	1 x 2.5



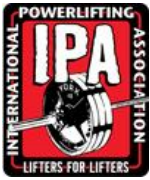
75lbs (65 lb bar with collars @5 lbs each)

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>
695	3 x 100			1 x 10		
700	3 x 100			1 x 10		1 x 2.5
705	3 x 100			1 x 10	1 x 5	
710	3 x 100			1 x 10	1 x 5	1 x 2.5
715	3 x 100			2 x 10		
720	3 x 100			2 x 10		1 x 2.5
725	3 x 100		1 x 25			
730	3 x 100		1 x 25			1 x 2.5
735	3 x 100		1 x 25		1 x 5	
740	3 x 100		1 x 25		1 x 5	1 x 2.5
745	3 x 100		1 x 25	1 x 10		
750	3 x 100		1 x 25	1 x 10		1 x 2.5
755	3 x 100		1 x 25	1 x 10	1 x 5	
760	3 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
765	3 x 100	1 x 45				
770	3 x 100	1 x 45				1 x 2.5
775	3 x 100	1 x 45			1 x 5	
780	3 x 100	1 x 45			1 x 5	1 x 2.5
785	3 x 100	1 x 45		1 x 10		
790	3 x 100	1 x 45		1 x 10		1 x 2.5
795	3 x 100	1 x 45		1 x 10	1 x 5	
800	3 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5
805	3 x 100	1 x 45		2 x 10		
810	3 x 100	1 x 45		2 x 10		1 x 2.5
815	3 x 100	1 x 45	1 x 25			
820	3 x 100	1 x 45	1 x 25			1 x 2.5
825	3 x 100	1 x 45	1 x 25		1 x 5	
830	3 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
835	3 x 100	1 x 45	1 x 25	1 x 10		
840	3 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
845	3 x 100	1 x 45	1 x 25	1 x 10	1 x 5	



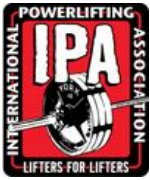
75lbs (65 lb bar with collars @5 lbs each)

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>
850	3 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
855	3 x 100	2 x 45				
860	3 x 100	2 x 45				1 x 2.5
865	3 x 100	2 x 45			1 x 5	
870	3 x 100	2 x 45			1 x 5	1 x 2.5
875	4 x 100					
880	4 x 100					1 x 2.5
885	4 x 100				1 x 5	
890	4 x 100				1 x 5	1 x 2.5
895	4 x 100			1 x 10		
900	4 x 100			1 x 10		1 x 2.5
905	4 x 100			1 x 10	1 x 5	
910	4 x 100			1 x 10	1 x 5	1 x 2.5
915	4 x 100			2 x 10		
920	4 x 100			2 x 10		1 x 2.5
925	4 x 100		1 x 25			
930	4 x 100		1 x 25			1 x 2.5
935	4 x 100		1 x 25		1 x 5	
940	4 x 100		1 x 25		1 x 5	1 x 2.5
945	4 x 100		1 x 25	1 x 10		
950	4 x 100		1 x 25	1 x 10		1 x 2.5
955	4 x 100		1 x 25	1 x 10	1 x 5	
960	4 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
965	4 x 100	1 x 45				
970	4 x 100	1 x 45				1 x 2.5
975	4 x 100	1 x 45			1 x 5	
980	4 x 100	1 x 45			1 x 5	1 x 2.5
985	4 x 100	1 x 45		1 x 10		
990	4 x 100	1 x 45		1 x 10		1 x 2.5
995	4 x 100	1 x 45		1 x 10	1 x 5	
1000	4 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5



75lbs (65 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>
1005	4 x 100	1 x 45		2 x 10		
1010	4 x 100	1 x 45		2 x 10		1 x 2.5
1015	4 x 100	1 x 45	1 x 25			
1020	4 x 100	1 x 45	1 x 25			1 x 2.5
1025	4 x 100	1 x 45	1 x 25		1 x 5	
1030	4 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
1035	4 x 100	1 x 45	1 x 25	1 x 10		
1040	4 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
1045	4 x 100	1 x 45	1 x 25	1 x 10	1 x 5	
1050	4 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
1055	4 x 100	2 x 45				
1060	4 x 100	2 x 45				1 x 2.5
1065	4 x 100	2 x 45			1 x 5	
1070	4 x 100	2 x 45			1 x 5	1 x 2.5
1075	5 x 100					
1080	5 x 100					1 x 2.5
1085	5 x 100				1 x 5	
1090	5 x 100				1 x 5	1 x 2.5
1095	5 x 100			1 x 10		
1100	5 x 100			1 x 10		1 x 2.5
1105	5 x 100			1 x 10	1 x 5	
1110	5 x 100			1 x 10	1 x 5	1 x 2.5
1115	5 x 100			2 x 10		
1120	5 x 100			2 x 10		1 x 2.5
1125	5 x 100		1 x 25			
1130	5 x 100		1 x 25			1 x 2.5
1135	5 x 100		1 x 25		1 x 5	
1140	5 x 100		1 x 25		1 x 5	1 x 2.5
1145	5 x 100		1 x 25	1 x 10		
1150	5 x 100		1 x 25	1 x 10		1 x 2.5
1155	5 x 100		1 x 25	1 x 10	1 x 5	



75lbs (65 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>
1160	5 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
1165	5 x 100	1 x 45				
1170	5 x 100	1 x 45				1 x 2.5
1175	5 x 100	1 x 45			1 x 5	
1180	5 x 100	1 x 45			1 x 5	1 x 2.5
1185	5 x 100	1 x 45		1 x 10		
1190	5 x 100	1 x 45		1 x 10		1 x 2.5
1195	5 x 100	1 x 45		1 x 10	1 x 5	
1200	5 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5
1205	5 x 100	1 x 45		2 x 10		
1210	5 x 100	1 x 45		2 x 10		1 x 2.5
1215	5 x 100	1 x 45	1 x 25			
1220	5 x 100	1 x 45	1 x 25			1 x 2.5
1225	5 x 100	1 x 45	1 x 25		1 x 5	
1230	5 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
1235	5 x 100	1 x 45	1 x 25	1 x 10		
1240	5 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
1245	5 x 100	1 x 45	1 x 25	1 x 10	1 x 5	
1250	5 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
1255	5 x 100	2 x 45				
1260	5 x 100	2 x 45				1 x 2.5
1265	5 x 100	2 x 45			1 x 5	
1270	5 x 100	2 x 45			1 x 5	1 x 2.5
1275	6 x 100					
1280	6 x 100					1 x 2.5
1285	6 x 100				1 x 5	
1290	6 x 100				1 x 5	1 x 2.5
1295	6 x 100			1 x 10		