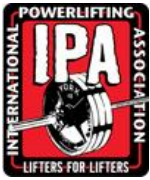


55lbs (45 lb bar with collars @5 lbs each)

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>
55						
60						1 x 2.5
65					1 x 5	
70					1 x 5	1 x 2.5
75				1 x 10		
80				1 x 10		1 x 2.5
85				1 x 10	1 x 5	
90				1 x 10	1 x 5	1 x 2.5
95				2 x 10		
100				2 x 10		1 x 2.5
105			1 x 25			
110			1 x 25			1 x 2.5
115			1 x 25		1 x 5	
120			1 x 25		1 x 5	1 x 2.5
125			1 x 25	1 x 10		
130			1 x 25	1 x 10		1 x 2.5
135			1 x 25	1 x 10	1 x 5	
140			1 x 25	1 x 10	1 x 5	1 x 2.5
145		1 x 45				
150		1 x 45				1 x 2.5
155		1 x 45			1 x 5	
160		1 x 45			1 x 5	1 x 2.5
165		1 x 45		1 x 10		
170		1 x 45		1 x 10		1 x 2.5
175		1 x 45		1 x 10	1 x 5	
180		1 x 45		1 x 10	1 x 5	1 x 2.5
185		1 x 45		2 x 10		
190		1 x 45		2 x 10		1 x 2.5
195		1 x 45	1 x 25			
200		1 x 45	1 x 25			1 x 2.5
205		1 x 45	1 x 25		1 x 5	



55lbs (45 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>
210		1 x 45	1 x 25		1 x 5	1 x 2.5
215		1 x 45	1 x 25	1 x 10		
220		1 x 45	1 x 25	1 x 10		1 x 2.5
225		1 x 45	1 x 25	1 x 10	1 x 5	
230		1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
235		2 x 45				
240		2 x 45				1 x 2.5
245		2 x 45			1 x 5	
250		2 x 45			1 x 5	1 x 2.5
255	1 x 100					
260	1 x 100					1 x 2.5
265	1 x 100				1 x 5	
270	1 x 100				1 x 5	1 x 2.5
275	1 x 100			1 x 10		
280	1 x 100			1 x 10		1 x 2.5
285	1 x 100			1 x 10	1 x 5	
290	1 x 100			1 x 10	1 x 5	1 x 2.5
295	1 x 100			2 x 10		
300	1 x 100			2 x 10		1 x 2.5
305	1 x 100		1 x 25			
310	1 x 100		1 x 25			1 x 2.5
315	1 x 100		1 x 25		1 x 5	
320	1 x 100		1 x 25		1 x 5	1 x 2.5
325	1 x 100		1 x 25	1 x 10		
330	1 x 100		1 x 25	1 x 10		1 x 2.5
335	1 x 100		1 x 25	1 x 10	1 x 5	
340	1 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
345	1 x 100	1 x 45				
350	1 x 100	1 x 45				1 x 2.5
355	1 x 100	1 x 45			1 x 5	
360	1 x 100	1 x 45			1 x 5	1 x 2.5



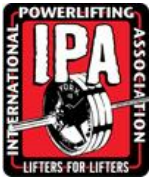
55lbs (45 lb bar with collars @5 lbs each)

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>
365	1 x 100	1 x 45		1 x 10		
370	1 x 100	1 x 45		1 x 10		1 x 2.5
375	1 x 100	1 x 45		1 x 10	1 x 5	
380	1 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5
385	1 x 100	1 x 45		2 x 10		
390	1 x 100	1 x 45		2 x 10		1 x 2.5
395	1 x 100	1 x 45	1 x 25			
400	1 x 100	1 x 45	1 x 25			1 x 2.5
405	1 x 100	1 x 45	1 x 25		1 x 5	
410	1 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
415	1 x 100	1 x 45	1 x 25	1 x 10		
420	1 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
425	1 x 100	1 x 45	1 x 25	1 x 10	1 x 5	
430	1 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
435	1 x 100	2 x 45				
440	1 x 100	2 x 45				1 x 2.5
445	1 x 100	2 x 45			1 x 5	
450	1 x 100	2 x 45			1 x 5	1 x 2.5
455	2 x 100					
460	2 x 100					1 x 2.5
465	2 x 100				1 x 5	
470	2 x 100				1 x 5	1 x 2.5
475	2 x 100			1 x 10		
480	2 x 100			1 x 10		1 x 2.5
485	2 x 100			1 x 10	1 x 5	
490	2 x 100			1 x 10	1 x 5	1 x 2.5
495	2 x 100			2 x 10		
500	2 x 100			2 x 10		1 x 2.5
505	2 x 100		1 x 25			
510	2 x 100		1 x 25			1 x 2.5
515	2 x 100		1 x 25		1 x 5	



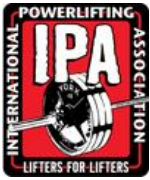
55lbs (45 lb bar with collars @5 lbs each)

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>
520	2 x 100		1 x 25		1 x 5	1 x 2.5
525	2 x 100		1 x 25	1 x 10		
530	2 x 100		1 x 25	1 x 10		1 x 2.5
535	2 x 100		1 x 25	1 x 10	1 x 5	
540	2 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
545	2 x 100	1 x 45				
550	2 x 100	1 x 45				1 x 2.5
555	2 x 100	1 x 45			1 x 5	
560	2 x 100	1 x 45			1 x 5	1 x 2.5
565	2 x 100	1 x 45		1 x 10		
570	2 x 100	1 x 45		1 x 10		1 x 2.5
575	2 x 100	1 x 45		1 x 10	1 x 5	
580	2 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5
585	2 x 100	1 x 45		2 x 10		
590	2 x 100	1 x 45		2 x 10		1 x 2.5
595	2 x 100	1 x 45	1 x 25			
600	2 x 100	1 x 45	1 x 25			1 x 2.5
605	2 x 100	1 x 45	1 x 25		1 x 5	
610	2 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
615	2 x 100	1 x 45	1 x 25	1 x 10		
620	2 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
625	2 x 100	1 x 45	1 x 25	1 x 10	1 x 5	
630	2 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
635	2 x 100	2 x 45				
640	2 x 100	2 x 45				1 x 2.5
645	2 x 100	2 x 45			1 x 5	
650	2 x 100	2 x 45			1 x 5	1 x 2.5
655	3 x 100					
660	3 x 100					1 x 2.5
665	3 x 100				1 x 5	
670	3 x 100				1 x 5	1 x 2.5



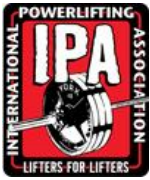
55lbs (45 lb bar with collars @5 lbs each)

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>
675	3 x 100			1 x 10		
680	3 x 100			1 x 10		1 x 2.5
685	3 x 100			1 x 10	1 x 5	
690	3 x 100			1 x 10	1 x 5	1 x 2.5
695	3 x 100			2 x 10		
700	3 x 100			2 x 10		1 x 2.5
705	3 x 100		1 x 25			
710	3 x 100		1 x 25			1 x 2.5
715	3 x 100		1 x 25		1 x 5	
720	3 x 100		1 x 25		1 x 5	1 x 2.5
725	3 x 100		1 x 25	1 x 10		
730	3 x 100		1 x 25	1 x 10		1 x 2.5
735	3 x 100		1 x 25	1 x 10	1 x 5	
740	3 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
745	3 x 100	1 x 45				
750	3 x 100	1 x 45				1 x 2.5
755	3 x 100	1 x 45			1 x 5	
760	3 x 100	1 x 45			1 x 5	1 x 2.5
765	3 x 100	1 x 45		1 x 10		
770	3 x 100	1 x 45		1 x 10		1 x 2.5
775	3 x 100	1 x 45		1 x 10	1 x 5	
780	3 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5
785	3 x 100	1 x 45		2 x 10		
790	3 x 100	1 x 45		2 x 10		1 x 2.5
795	3 x 100	1 x 45	1 x 25			
800	3 x 100	1 x 45	1 x 25			1 x 2.5
805	3 x 100	1 x 45	1 x 25		1 x 5	
810	3 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
815	3 x 100	1 x 45	1 x 25	1 x 10		
820	3 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
825	3 x 100	1 x 45	1 x 25	1 x 10	1 x 5	



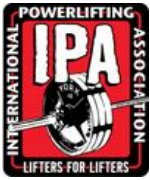
55lbs (45 lb bar with collars @5 lbs each)

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>
830	3 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
835	3 x 100	2 x 45				
840	3 x 100	2 x 45				1 x 2.5
845	3 x 100	2 x 45			1 x 5	
850	3 x 100	2 x 45			1 x 5	1 x 2.5
855	4 x 100					
860	4 x 100					1 x 2.5
865	4 x 100				1 x 5	
870	4 x 100				1 x 5	1 x 2.5
875	4 x 100			1 x 10		
880	4 x 100			1 x 10		1 x 2.5
885	4 x 100			1 x 10	1 x 5	
890	4 x 100			1 x 10	1 x 5	1 x 2.5
895	4 x 100			2 x 10		
900	4 x 100			2 x 10		1 x 2.5
905	4 x 100		1 x 25			
910	4 x 100		1 x 25			1 x 2.5
915	4 x 100		1 x 25		1 x 5	
920	4 x 100		1 x 25		1 x 5	1 x 2.5
925	4 x 100		1 x 25	1 x 10		
930	4 x 100		1 x 25	1 x 10		1 x 2.5
935	4 x 100		1 x 25	1 x 10	1 x 5	
940	4 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
945	4 x 100	1 x 45				
950	4 x 100	1 x 45				1 x 2.5
955	4 x 100	1 x 45			1 x 5	
960	4 x 100	1 x 45			1 x 5	1 x 2.5
965	4 x 100	1 x 45		1 x 10		
970	4 x 100	1 x 45		1 x 10		1 x 2.5
975	4 x 100	1 x 45		1 x 10	1 x 5	
980	4 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5



55lbs (45 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>985</b>	4 x 100	1 x 45		2 x 10		
<b>990</b>	4 x 100	1 x 45		2 x 10		1 x 2.5
<b>995</b>	4 x 100	1 x 45	1 x 25			
<b>1000</b>	4 x 100	1 x 45	1 x 25			1 x 2.5
<b>1005</b>	4 x 100	1 x 45	1 x 25		1 x 5	
<b>1010</b>	4 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
<b>1015</b>	4 x 100	1 x 45	1 x 25	1 x 10		
<b>1020</b>	4 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
<b>1025</b>	4 x 100	1 x 45	1 x 25	1 x 10	1 x 5	
<b>1030</b>	4 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
<b>1035</b>	4 x 100	2 x 45				
<b>1040</b>	4 x 100	2 x 45				1 x 2.5
<b>1045</b>	4 x 100	2 x 45			1 x 5	
<b>1050</b>	4 x 100	2 x 45			1 x 5	1 x 2.5
<b>1055</b>	5 x 100					
<b>1060</b>	5 x 100					1 x 2.5
<b>1065</b>	5 x 100				1 x 5	
<b>1070</b>	5 x 100				1 x 5	1 x 2.5
<b>1075</b>	5 x 100			1 x 10		
<b>1080</b>	5 x 100			1 x 10		1 x 2.5
<b>1085</b>	5 x 100			1 x 10	1 x 5	
<b>1090</b>	5 x 100			1 x 10	1 x 5	1 x 2.5
<b>1095</b>	5 x 100			2 x 10		
<b>1100</b>	5 x 100			2 x 10		1 x 2.5
<b>1105</b>	5 x 100		1 x 25			
<b>1110</b>	5 x 100		1 x 25			1 x 2.5
<b>1115</b>	5 x 100		1 x 25		1 x 5	
<b>1120</b>	5 x 100		1 x 25		1 x 5	1 x 2.5
<b>1125</b>	5 x 100		1 x 25	1 x 10		
<b>1130</b>	5 x 100		1 x 25	1 x 10		1 x 2.5
<b>1135</b>	5 x 100		1 x 25	1 x 10	1 x 5	



55lbs (45 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>1140</b>	5 x 100		1 x 25	1 x 10	1 x 5	1 x 2.5
<b>1145</b>	5 x 100	1 x 45				
<b>1150</b>	5 x 100	1 x 45				1 x 2.5
<b>1155</b>	5 x 100	1 x 45			1 x 5	
<b>1160</b>	5 x 100	1 x 45			1 x 5	1 x 2.5
<b>1165</b>	5 x 100	1 x 45		1 x 10		
<b>1170</b>	5 x 100	1 x 45		1 x 10		1 x 2.5
<b>1175</b>	5 x 100	1 x 45		1 x 10	1 x 5	
<b>1180</b>	5 x 100	1 x 45		1 x 10	1 x 5	1 x 2.5
<b>1185</b>	5 x 100	1 x 45		2 x 10		
<b>1190</b>	5 x 100	1 x 45		2 x 10		1 x 2.5
<b>1195</b>	5 x 100	1 x 45	1 x 25			
<b>1200</b>	5 x 100	1 x 45	1 x 25			1 x 2.5
<b>1205</b>	5 x 100	1 x 45	1 x 25		1 x 5	
<b>1210</b>	5 x 100	1 x 45	1 x 25		1 x 5	1 x 2.5
<b>1215</b>	5 x 100	1 x 45	1 x 25	1 x 10		
<b>1220</b>	5 x 100	1 x 45	1 x 25	1 x 10		1 x 2.5
<b>1225</b>	5 x 100	1 x 45	1 x 25	1 x 10	1 x 5	
<b>1230</b>	5 x 100	1 x 45	1 x 25	1 x 10	1 x 5	1 x 2.5
<b>1235</b>	5 x 100	2 x 45				
<b>1240</b>	5 x 100	2 x 45				1 x 2.5
<b>1245</b>	5 x 100	2 x 45			1 x 5	
<b>1250</b>	5 x 100	2 x 45			1 x 5	1 x 2.5
<b>1255</b>	6 x 100					
<b>1260</b>	6 x 100					1 x 2.5
<b>1265</b>	6 x 100				1 x 5	
<b>1270</b>	6 x 100				1 x 5	1 x 2.5
<b>1275</b>	6 x 100			1 x 10		