

	45's	25's	10's	5's	2.5's		45's	25's	10's	5's	2.5's
55	0	0	0	0	0	295	2	1	0	1	0
60	0	0	0	0	1	300	2	1	0	1	1
65	0	0	0	1	0	305	2	1	1	0	0
70	0	0	0	1	1	310	2	1	1	0	1
75	0	0	1	0	0	315	2	1	1	1	0
80	0	0	1	0	1	320	2	1	1	1	1
85	0	0	1	1	0	325	3	0	0	0	0
90	0	0	1	1	1	330	3	0	0	0	1
95	0	0	2	0	0	335	3	0	0	1	0
100	0	0	2	0	1	340	3	0	0	1	1
105	0	1	0	0	0	345	3	0	1	0	0
110	0	1	0	0	1	350	3	0	1	0	1
115	0	1	0	1	0	355	3	0	1	1	0
120	0	1	0	1	1	360	3	0	1	1	1
125	0	1	1	0	0	365	3	0	2	0	0
130	0	1	1	0	1	370	3	0	2	0	1
135	0	1	1	1	0	375	3	1	0	0	0
140	0	1	1	1	1	380	3	1	0	0	1
145	1	0	0	0	0	385	3	1	0	1	0
150	1	0	0	0	1	390	3	1	0	1	1
155	1	0	0	1	0	395	3	1	1	0	0
160	1	0	0	1	1	400	3	1	1	0	1
165	1	0	1	0	0	405	3	1	1	1	0
170	1	0	1	0	1	410	3	1	1	1	1
175	1	0	1	1	0	415	4	0	0	0	0
180	1	0	1	1	1	420	4	0	0	0	1
185	1	0	2	0	0	425	4	0	0	1	0
190	1	0	2	0	1	430	4	0	0	1	1
195	1	1	0	0	0	435	4	0	1	0	0
200	1	1	0	0	1	440	4	0	1	0	1
205	1	1	0	1	0	445	4	0	1	1	0
210	1	1	0	1	1	450	4	0	1	1	1
215	1	1	1	0	0	455	4	0	2	0	0
220	1	1	1	0	1	460	4	0	2	0	1
225	1	1	1	1	0	465	4	1	0	0	0
230	1	1	1	1	1	470	4	1	0	0	1
235	2	0	0	0	0	475	4	1	0	1	0
240	2	0	0	0	1	480	4	1	0	1	1
245	2	0	0	1	0	485	4	1	1	0	0
250	2	0	0	1	1	490	4	1	1	0	1
255	2	0	1	0	0	495	4	1	1	1	0
260	2	0	1	0	1	500	4	1	1	1	1
265	2	0	1	1	0	505	5	0	0	0	0
270	2	0	1	1	1	510	5	0	0	0	1
275	2	0	2	0	0	515	5	0	0	1	0
280	2	0	2	0	1	520	5	0	0	1	1
285	2	1	0	0	0	525	5	0	1	0	0
290	2	1	0	0	1	530	5	0	1	0	1

Weights reqd on the platform
45 lb bar, 10-45's, 2-25's, 4-10's, 2-5's, 2-2.5's, 2-5 lb collars