

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

Total weights reqd on platform:  
45 lb bar, 2-100's, 10-45's, 2-25's, 4-10's, 2-5's, 2-2.5's, 2-5 lb collars

|     | 100 | 45's | 25's | 10's | 5's | 2.5's |     | 100 | 45's | 25's | 10's | 5's | 2.5's |
|-----|-----|------|------|------|-----|-------|-----|-----|------|------|------|-----|-------|
| 535 | 1   | 3    | 0    | 0    | 1   | 0     | 775 | 1   | 5    | 1    | 1    | 0   | 0     |
| 540 | 1   | 3    | 0    | 0    | 1   | 1     | 780 | 1   | 5    | 1    | 1    | 0   | 1     |
| 545 | 1   | 3    | 0    | 1    | 0   | 0     | 785 | 1   | 5    | 1    | 1    | 1   | 0     |
| 550 | 1   | 3    | 0    | 1    | 0   | 1     | 790 | 1   | 5    | 1    | 1    | 1   | 1     |
| 555 | 1   | 3    | 0    | 1    | 1   | 0     |     |     |      |      |      |     |       |
| 560 | 1   | 3    | 0    | 1    | 1   | 1     |     |     |      |      |      |     |       |
| 565 | 1   | 3    | 0    | 2    | 0   | 0     |     |     |      |      |      |     |       |
| 570 | 1   | 3    | 0    | 2    | 0   | 1     |     |     |      |      |      |     |       |
| 575 | 1   | 3    | 1    | 0    | 0   | 0     |     |     |      |      |      |     |       |
| 580 | 1   | 3    | 1    | 0    | 0   | 1     |     |     |      |      |      |     |       |
| 585 | 1   | 3    | 1    | 0    | 1   | 0     |     |     |      |      |      |     |       |
| 590 | 1   | 3    | 1    | 0    | 1   | 1     |     |     |      |      |      |     |       |
| 595 | 1   | 3    | 1    | 1    | 0   | 0     |     |     |      |      |      |     |       |
| 600 | 1   | 3    | 1    | 1    | 0   | 1     |     |     |      |      |      |     |       |
| 605 | 1   | 3    | 1    | 1    | 1   | 0     |     |     |      |      |      |     |       |
| 610 | 1   | 3    | 1    | 1    | 1   | 1     |     |     |      |      |      |     |       |
| 615 | 1   | 4    | 0    | 0    | 0   | 0     |     |     |      |      |      |     |       |
| 620 | 1   | 4    | 0    | 0    | 0   | 1     |     |     |      |      |      |     |       |
| 625 | 1   | 4    | 0    | 0    | 1   | 0     |     |     |      |      |      |     |       |
| 630 | 1   | 4    | 0    | 0    | 1   | 1     |     |     |      |      |      |     |       |
| 635 | 1   | 4    | 0    | 1    | 0   | 0     |     |     |      |      |      |     |       |
| 640 | 1   | 4    | 0    | 1    | 0   | 1     |     |     |      |      |      |     |       |
| 645 | 1   | 4    | 0    | 1    | 1   | 0     |     |     |      |      |      |     |       |
| 650 | 1   | 4    | 0    | 1    | 1   | 1     |     |     |      |      |      |     |       |
| 655 | 1   | 4    | 0    | 2    | 0   | 0     |     |     |      |      |      |     |       |
| 660 | 1   | 4    | 0    | 2    | 0   | 1     |     |     |      |      |      |     |       |
| 665 | 1   | 4    | 1    | 0    | 0   | 0     |     |     |      |      |      |     |       |
| 670 | 1   | 4    | 1    | 0    | 0   | 1     |     |     |      |      |      |     |       |
| 675 | 1   | 4    | 1    | 0    | 1   | 0     |     |     |      |      |      |     |       |
| 680 | 1   | 4    | 1    | 0    | 1   | 1     |     |     |      |      |      |     |       |
| 685 | 1   | 4    | 1    | 1    | 0   | 0     |     |     |      |      |      |     |       |
| 690 | 1   | 4    | 1    | 1    | 0   | 1     |     |     |      |      |      |     |       |
| 695 | 1   | 4    | 1    | 1    | 1   | 0     |     |     |      |      |      |     |       |
| 700 | 1   | 4    | 1    | 1    | 1   | 1     |     |     |      |      |      |     |       |
| 705 | 1   | 5    | 0    | 0    | 0   | 0     |     |     |      |      |      |     |       |
| 710 | 1   | 5    | 0    | 0    | 0   | 1     |     |     |      |      |      |     |       |
| 715 | 1   | 5    | 0    | 0    | 1   | 0     |     |     |      |      |      |     |       |
| 720 | 1   | 5    | 0    | 0    | 1   | 1     |     |     |      |      |      |     |       |
| 725 | 1   | 5    | 0    | 1    | 0   | 0     |     |     |      |      |      |     |       |
| 730 | 1   | 5    | 0    | 1    | 0   | 1     |     |     |      |      |      |     |       |
| 735 | 1   | 5    | 0    | 1    | 1   | 0     |     |     |      |      |      |     |       |
| 740 | 1   | 5    | 0    | 1    | 1   | 1     |     |     |      |      |      |     |       |
| 745 | 1   | 5    | 0    | 2    | 0   | 0     |     |     |      |      |      |     |       |
| 750 | 1   | 5    | 0    | 2    | 0   | 1     |     |     |      |      |      |     |       |
| 755 | 1   | 5    | 1    | 0    | 0   | 0     |     |     |      |      |      |     |       |
| 760 | 1   | 5    | 1    | 0    | 0   | 1     |     |     |      |      |      |     |       |
| 765 | 1   | 5    | 1    | 0    | 1   | 0     |     |     |      |      |      |     |       |
| 770 | 1   | 5    | 1    | 0    | 1   | 1     |     |     |      |      |      |     | rev 1 |

Total weights reqd on platform:  
45 lb bar, 2-100's, 10-45's, 2-25's, 4-10's, 2-5's, 2-2.5's, 2-5 lb collars