

	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	2	0	0	0	0	0
220	0	1	1	1	0	1		460	2	0	0	0	0	1
225	0	1	1	1	1	0		465	2	0	0	0	1	0
230	0	1	1	1	1	1		470	2	0	0	0	1	1
235	0	2	0	0	0	0		475	2	0	0	1	0	0
240	0	2	0	0	0	1		480	2	0	0	1	0	1
245	0	2	0	0	1	0		485	2	0	0	1	1	0
250	0	2	0	0	1	1		490	2	0	0	1	1	1
255	1	0	0	0	0	0		495	2	0	0	2	0	0
260	1	0	0	0	0	1		500	2	0	0	2	0	1
265	1	0	0	0	1	0		505	2	0	1	0	0	0
270	1	0	0	0	1	1		510	2	0	1	0	0	1
275	1	0	0	1	0	0		515	2	0	1	0	1	0
280	1	0	0	1	0	1		520	2	0	1	0	1	1
285	1	0	0	1	1	0		525	2	0	1	1	0	0
290	1	0	0	1	1	1		530	2	0	1	1	0	1

Total weights reqd on platform:  
45 lb bar, 4-100's, 8-45'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	2	0	1	1	1	0		775	2	3	1	0	0	0
540	2	0	1	1	1	1		780	2	3	1	0	0	1
545	2	1	0	0	0	0		785	2	3	1	0	1	0
550	2	1	0	0	0	1		790	2	3	1	0	1	1
555	2	1	0	0	1	0		795	2	3	1	1	0	0
560	2	1	0	0	1	1		800	2	3	1	1	0	1
565	2	1	0	1	0	0		805	2	3	1	1	1	0
570	2	1	0	1	0	1		810	2	3	1	1	1	1
575	2	1	0	1	1	0		815	2	4	0	0	0	0
580	2	1	0	1	1	1		820	2	4	0	0	0	1
585	2	1	0	2	0	0		825	2	4	0	0	1	0
590	2	1	0	2	0	1		830	2	4	0	0	1	1
595	2	1	1	0	0	0		835	2	4	0	1	0	0
600	2	1	1	0	0	1		840	2	4	0	1	0	1
605	2	1	1	0	1	0		845	2	4	0	1	1	0
610	2	1	1	0	1	1		850	2	4	0	1	1	1
615	2	1	1	1	0	0		855	2	4	0	2	0	0
620	2	1	1	1	0	1		860	2	4	0	2	0	1
625	2	1	1	1	1	0		865	2	4	1	0	0	0
630	2	1	1	1	1	1		870	2	4	1	0	0	1
635	2	2	0	0	0	0		875	2	4	1	0	1	0
640	2	2	0	0	0	1		880	2	4	1	0	1	1
645	2	2	0	0	1	0		885	2	4	1	1	0	0
650	2	2	0	0	1	1		890	2	4	1	1	0	1
655	2	2	0	1	0	0		895	2	4	1	1	1	0
660	2	2	0	1	0	1		900	2	4	1	1	1	1
665	2	2	0	1	1	0								
670	2	2	0	1	1	1								
675	2	2	0	2	0	0								
680	2	2	0	2	0	1								
685	2	2	1	0	0	0								
690	2	2	1	0	0	1								
695	2	2	1	0	1	0								
700	2	2	1	0	1	1								
705	2	2	1	1	0	0								
710	2	2	1	1	0	1								
715	2	2	1	1	1	0								
720	2	2	1	1	1	1								
725	2	3	0	0	0	0								
730	2	3	0	0	0	1								
735	2	3	0	0	1	0								
740	2	3	0	0	1	1								
745	2	3	0	1	0	0								
750	2	3	0	1	0	1								
755	2	3	0	1	1	0								
760	2	3	0	1	1	1								
765	2	3	0	2	0	0								
770	2	3	0	2	0	1								rev 1

Total weights reqd on platform:  
45 lb bar, 4-100's, 8-45's, 2-25's, 4-10's, 2-5's, 2-2.5's, 2-5 lb collars