

WEIGHTS PER SIDE

| FEMALE BAR | MALE BAR |
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|-------------|-------------|
| 65lbs TOTAL | 95lbs TOTAL |
| 10 + 5 | 25 |

| | |
|-------------|--------------|
| 85lbs TOTAL | 115lbs TOTAL |
| 25 | 25 + 10 |

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|--------------|--------------|
| 105lbs TOTAL | 155lbs TOTAL |
| 25 + 10 | 45 + 10 |