

MULTI BAR (ADV) INSTRUCTIONS



FOR DOUBLES

POSITION	DIFFERENCE	HEAVY PERSON	LIGHT PERSON
0	0 lbs – 10 lbs	A,C	D,F
1	11 lbs – 30 lbs	A,C	D,F
2	31 lbs – 50 lbs	A,C	D,F
3	51 lbs – 70 lbs	A,C	D,F
4	71 lbs – 90 lbs	A,C	D,F
5	91 lbs – 110 lbs	A,C	D,F
0	111 lbs – 130 lbs	A,D	E,F
1	131 lbs – 150 lbs	A,D	E,F
2	151 lbs – 170 lbs	A,D	E,F
3	171 lbs – 190 lbs	A,D	E,F
4	191 lbs – 210 lbs	A,D	E,F
5	211 lbs – 230 lbs	A,D	E,F

FOR TRIPLES

POSITION	DIFFERENCE	HEAVY PERSON	MIDDLE PERSON	LIGHT PERSON
0	0 lbs – 10 lbs	A,B	C,D	E,F
1	11 lbs – 30 lbs	A,B	C,D	E,F
2	31 lbs – 50 lbs	A,B	C,D	E,F
3	51 lbs – 70 lbs	A,B	C,D	E,F
4	71 lbs – 90 lbs	A,B	C,D	E,F
5	91 lbs – 110 lbs	A,B	C,D	E,F

The oddest weight goes in the middle e.g.; one person 170, one 190 & one 90, then the 90 goes in the middle. Or one person 140, one 160 & one 250, then the 250 goes in the middle.

Any questions:

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