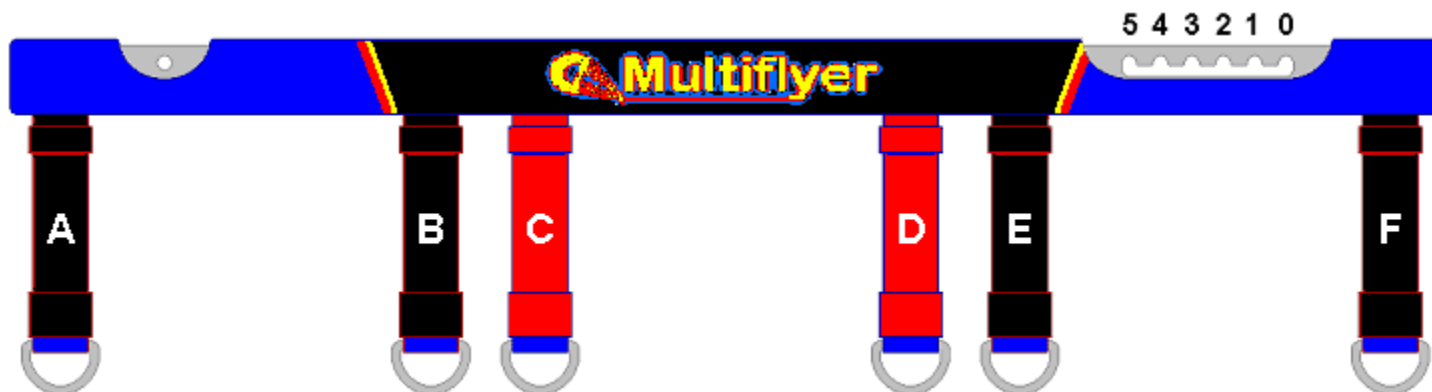


MULTI BAR INSTRUCTIONS



FOR DOUBLES

POSITION	DIFFERENCE	HEAVY PERSON	LIGHT PERSON
0	0 Kg – 3 Kg	A,C	D,F
1	4 Kg – 10 Kg	A,C	D,F
2	11 Kg – 17 Kg	A,C	D,F
3	18 Kg – 24 Kg	A,C	D,F
4	25 Kg – 31 Kg	A,C	D,F
5	32 Kg – 38 Kg	A,C	D,F
0	39 Kg – 45 Kg	A,D	E,F
1	46 Kg – 52 Kg	A,D	E,F
2	53 Kg – 59 Kg	A,D	E,F
3	60 Kg – 66 Kg	A,D	E,F
4	67 Kg – 73 Kg	A,D	E,F
5	74 Kg – 80 Kg	A,D	E,F

FOR TRIPLES

POSITION	DIFFERENCE	HEAVY PERSON	MIDDLE PERSON	LIGHT PERSON
0	0 Kg – 3 Kg	A,B	C,D	E,F
1	4 Kg – 10 Kg	A,B	C,D	E,F
2	11 Kg – 17 Kg	A,B	C,D	E,F
3	18 Kg – 24 Kg	A,B	C,D	E,F
4	25 Kg – 31 Kg	A,B	C,D	E,F
5	32 Kg – 38 Kg	A,B	C,D	E,F

The oddest weight goes in the middle e.g.; one person 75, one 85 & one 40, then the 90 goes in the middle. Or one person 65, one 75 & one 115, then the 115 goes in the middle.

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