

## DOUBLE BAR SP INSTRUCTIONS



### FOR DOUBLES

POSITION	DIFFERENCE	HEAVY PERSON	LIGHT PERSON
<b>0</b>	<b>0 Kg – 5 Kg 0 lbs – 10 lbs</b>	<b>A,B</b>	<b>C,D</b>
<b>1</b>	<b>6 Kg – 15 Kg 11 lbs – 35 lbs</b>	<b>A,B</b>	<b>C,D</b>
<b>2</b>	<b>16 Kg – 27 Kg 36 lbs – 60 lbs</b>	<b>A,B</b>	<b>C,D</b>
<b>3</b>	<b>28 Kg – 38 Kg 61 lbs – 85 lbs</b>	<b>A,B</b>	<b>C,D</b>
<b>4</b>	<b>39 Kg – 50 Kg 86 lbs – 110 lbs</b>	<b>A,B</b>	<b>C,D</b>
<b>5</b>	<b>51 Kg – 62 Kg 111 lbs – 135 lbs</b>	<b>A,B</b>	<b>C,D</b>

Any questions:



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