

MULTI BAR (ADV) INSTRUCTIONS



FOR DOUBLES

POSITION	DIFFERENCE	HEAVY PERSON	LIGHT PERSON
0	0 Kg – 5 Kg	A,C	D,F
1	6 Kg – 14 Kg	A,C	D,F
2	15 Kg – 23 Kg	A,C	D,F
3	24 Kg – 32 Kg	A,C	D,F
4	33 Kg – 41 Kg	A,C	D,F
5	42 Kg – 50 Kg	A,C	D,F
0	51 Kg – 59 Kg	A,D	E,F
1	60 Kg – 68 Kg	A,D	E,F
2	69 Kg – 77 Kg	A,D	E,F
3	78 Kg – 86 Kg	A,D	E,F
4	87 Kg – 95 Kg	A,D	E,F
5	96 Kg – 104 Kg	A,D	E,F

FOR TRIPLES

POSITION	DIFFERENCE	HEAVY PERSON	MIDDLE PERSON	LIGHT PERSON
0	0 Kg – 5 Kg	A,B	C,D	E,F
1	6 Kg – 14 Kg	A,B	C,D	E,F
2	15 Kg – 23 Kg	A,B	C,D	E,F
3	24 Kg – 32 Kg	A,B	C,D	E,F
4	33 Kg – 41 Kg	A,B	C,D	E,F
5	42 Kg – 50 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.

Any questions:



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