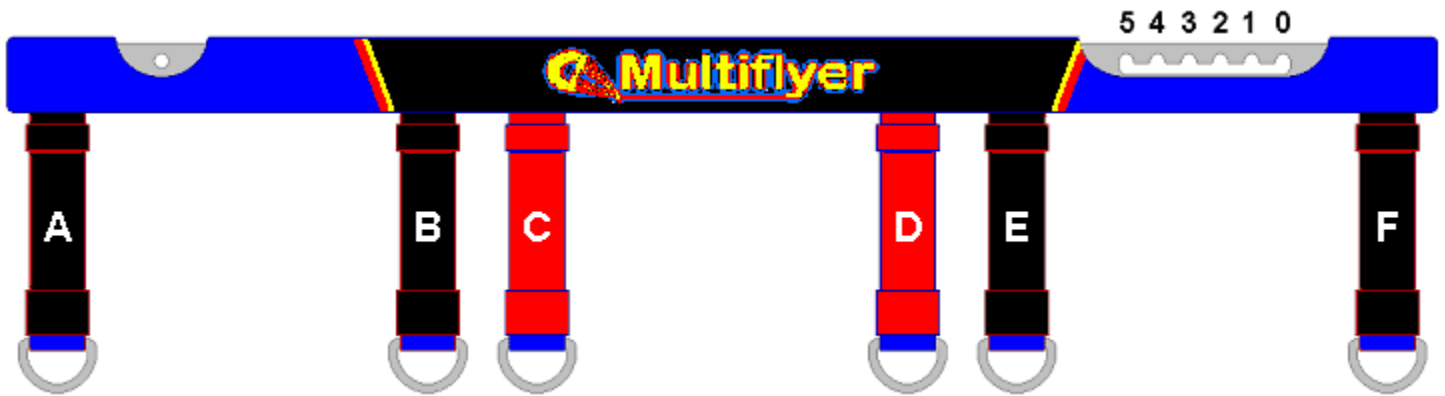


MULTI BAR INSTRUCTIONS



FOR DOUBLES

POSITION	DIFFERENCE	HEAVY PERSON	LIGHT PERSON
0	0 lbs – 7 lbs	A,C	D,F
1	8 lbs – 22 lbs	A,C	D,F
2	23 lbs – 37 lbs	A,C	D,F
3	38 lbs – 52 lbs	A,C	D,F
4	53 lbs – 67 lbs	A,C	D,F
5	68 lbs – 82 lbs	A,C	D,F
0	83 lbs – 97 lbs	A,D	E,F
1	98 lbs – 112 lbs	A,D	E,F
2	113 lbs – 127 lbs	A,D	E,F
3	128 lbs – 142 lbs	A,D	E,F
4	143 lbs – 157 lbs	A,D	E,F
5	158 lbs – 172 lbs	A,D	E,F

FOR TRIPLES

POSITION	DIFFERENCE	HEAVY PERSON	MIDDLE PERSON	LIGHT PERSON
0	0 lbs – 7 lbs	A,B	C,D	E,F
1	8 lbs – 22 lbs	A,B	C,D	E,F
2	23 lbs – 37 lbs	A,B	C,D	E,F
3	38 lbs – 52 lbs	A,B	C,D	E,F
4	53 lbs – 67 lbs	A,B	C,D	E,F
5	68 lbs – 82 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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