

| | hip weight | knee weight |
|----|------------|-------------|
| 1 | 70 | 70 |
| 2 | 70 | 60 |
| 3 | 70 | 50 |
| 4 | 70 | 40 |
| 5 | 70 | 30 |
| 6 | 60 | 70 |
| 7 | 60 | 60 |
| 8 | 60 | 50 |
| 9 | 60 | 40 |
| 10 | 60 | 30 |
| 11 | 50 | 70 |
| 12 | 50 | 60 |
| 13 | 50 | 50 |
| 14 | 50 | 40 |
| 15 | 50 | 30 |
| 16 | 40 | 70 |
| 17 | 40 | 60 |
| 18 | 40 | 50 |
| 19 | 40 | 40 |
| 20 | 40 | 30 |
| 21 | 30 | 70 |
| 22 | 30 | 60 |
| 23 | 30 | 50 |
| 24 | 30 | 40 |
| 25 | 30 | 30 |