

55

full load

set	total	side	add
e	45		
W	55	5	5

60

full load

set	total	side	add
e	45		
W	60	7.5	5, 2.5

65

1 warmup set

set	total	side	add
e	45		
A	55	5	5
W	65	10	5

70

1 warmup set

set	total	side	add
e	45		
A	55	5	5
W	70	12.5	5, 2.5

75

1 warmup set

set	total	side	add
e	45		
A	65	10	10
W	75	15	5

2 warmup sets

set	total	side	add
e	45		
A	55	5	5
B	65	10	5
W	75	15	5

80

1 warmup set

set	total	side	add
e	45		
A	65	10	10
W	80	17.5	5, 2.5

2 warmup sets

set	total	side	add
e	45		
A	55	5	5
B	65	10	5
W	80	17.5	5, 2.5

85

1 warmup set

set	total	side	add
e	45		
A	75	15	15
W	85	20	5

2 warmup sets

set	total	side	add
e	45		
A	65	10	10
B	75	15	5
W	85	20	5

3 warmup sets

set	total	side	add
e	45		
A	55	5	5
B	65	10	5
C	75	15	-5, 10
W	85	20	5

90

1 warmup set

set	total	side	add
e	45		
A	75	15	15
W	90	22.5	5, 2.5

2 warmup sets

set	total	side	add
e	45		
A	65	10	10
B	75	15	5
W	90	22.5	5, 2.5

3 warmup sets

set	total	side	add
e	45		
A	55	5	5
B	65	10	5
C	75	15	-5, 10
W	90	22.5	5, 2.5

95

1 warmup set

set	total	side	add
e	45		
A	75	15	15
W	95	25	10

2 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	85	20	5
W	95	25	5

3 warmup sets

set	total	side	add
e	45		
A	65	10	10
B	75	15	5
C	85	20	5
W	95	25	5

100

1 warmup set

set	total	side	add
e	45		
A	75	15	15
W	100	27.5	10, 2.5

2 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	85	20	5
W	100	27.5	5, 2.5

3 warmup sets

set	total	side	add
e	45		
A	65	10	10
B	75	15	5
C	85	20	5
W	100	27.5	5, 2.5

105

1 warmup set

set	total	side	add
e	45		
A	75	15	15
W	105	30	10, 5

2 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	95	25	10
W	105	30	5

3 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	85	20	5
C	95	25	5
W	105	30	5

110

1 warmup set

set	total	side	add
e	45		
A	75	15	15
W	110	32.5	10, 5, 2.5

2 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	95	25	10
W	110	32.5	5, 2.5

3 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	85	20	5
C	95	25	5
W	110	32.5	5, 2.5

115

1 warmup set

set	total	side	add
e	45		
A	95	25	25
W	115	35	10

2 warmup sets

set	total	side	add
e	45		
A	55	5	5
B	105	30	25
W	115	35	5

3 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	95	25	10
C	105	30	5
W	115	35	5

120

1 warmup set

set	total	side	add
e	45		
A	95	25	25
W	120	37.5	10, 2.5

2 warmup sets

set	total	side	add
e	45		
A	55	5	5
B	105	30	25
W	120	37.5	5, 2.5

3 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	95	25	10
C	105	30	5
W	120	37.5	5, 2.5

125

1 warmup set

set	total	side	add
e	45		
A	95	25	25
W	125	40	15

2 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	85	20	5
W	125	40	-5, 25

3 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	95	25	10
C	105	30	5
W	125	40	5, 5

130

1 warmup set

set	total	side	add
e	45		
A	95	25	25
W	130	42.5	15, 2.5

2 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	85	20	5
W	130	42.5	-5, 25, 2.5

3 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	95	25	10
C	105	30	5
W	130	42.5	5, 5, 2.5

135

1 warmup set

set	total	side	add
e	45		
A	95	25	25
W	135	45	15, 5

2 warmup sets

set	total	side	add
e	45		
A	65	10	10
B	115	35	25
W	135	45	5, 5

3 warmup sets

set	total	side	add
e	45		
A	65	10	10
B	75	15	5
C	125	40	25
W	135	45	5

140

1 warmup set

set	total	side	add
e	45		
A	95	25	25
W	140	47.5	15, 5, 2.5

2 warmup sets

set	total	side	add
e	45		
A	65	10	10
B	115	35	25
W	140	47.5	5, 5, 2.5

3 warmup sets

set	total	side	add
e	45		
A	65	10	10
B	75	15	5
C	125	40	25
W	140	47.5	5, 2.5

145

1 warmup set

set	total	side	add
e	45		
A	95	25	25
W	145	50	15, 10

2 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	125	40	25
W	145	50	10

3 warmup sets

set	total	side	add
e	45		
A	55	5	5
B	105	30	25
C	135	45	15
W	145	50	5

150

1 warmup set

set	total	side	add
e	45		
A	95	25	25
W	150	52.5	15, 10, 2.5

2 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	125	40	25
W	150	52.5	10, 2.5

3 warmup sets

set	total	side	add
e	45		
A	55	5	5
B	105	30	25
C	135	45	15
W	150	52.5	5, 2.5

155

1 warmup set

set	total	side	add
e	45		
A	115	35	35
W	155	55	15, 5

2 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	125	40	15
W	155	55	10, 5

3 warmup sets

set	total	side	add
e	45		
A	65	10	10
B	115	35	25
C	125	40	5
W	155	55	15

160

1 warmup set

set	total	side	add
e	45		
A	115	35	35
W	160	57.5	15, 5, 2.5

2 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	125	40	15
W	160	57.5	10, 5, 2.5

3 warmup sets

set	total	side	add
e	45		
A	65	10	10
B	115	35	25
C	125	40	5
W	160	57.5	15, 2.5

165

1 warmup set

set	total	side	add
e	45		
A	115	35	35
W	165	60	25

2 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	115	35	10
W	165	60	-10, 35

3 warmup sets

set	total	side	add
e	45		
A	65	10	10
B	115	35	25
C	145	50	15
W	165	60	5, 5

170

1 warmup set

set	total	side	add
e	45		
A	115	35	35
W	170	62.5	25, 2.5

2 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	115	35	10
W	170	62.5	-10, 35, 2.5

3 warmup sets

set	total	side	add
e	45		
A	65	10	10
B	115	35	25
C	145	50	15
W	170	62.5	5, 5, 2.5

175

1 warmup set

set	total	side	add
e	45		
A	115	35	35
W	175	65	25, 5

2 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	145	50	35
W	175	65	10, 5

3 warmup sets

set	total	side	add
e	45		
A	65	10	10
B	115	35	25
C	145	50	15
W	175	65	5, 5, 5

180

1 warmup set

set	total	side	add
e	45		
A	115	35	35
W	180	67.5	25, 5, 2.5

2 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	145	50	35
W	180	67.5	10, 5, 2.5

3 warmup sets

set	total	side	add
e	45		
A	65	10	10
B	115	35	25
C	145	50	15
W	180	67.5	5, 5, 5, 2.5

185

1 warmup set

set	total	side	add
e	45		
A	115	35	35
W	185	70	25, 10

2 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	125	40	15
W	185	70	-15, 45

3 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	115	35	10
C	145	50	15
W	185	70	-15, 35

190

1 warmup set

set	total	side	add
e	45		
A	115	35	35
W	190	72.5	25, 10, 2.5

2 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	125	40	15
W	190	72.5	-15, 45, 2.5

3 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	115	35	10
C	145	50	15
W	190	72.5	-15, 35, 2.5

195

1 warmup set

set	total	side	add
e	45		
A	135	45	45
W	195	75	25, 5

2 warmup sets

set	total	side	add
e	45		
A	85	20	15, 5
B	145	50	-5, 35
W	195	75	25

3 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	115	35	10
C	165	60	-10, 35
W	195	75	15

200

1 warmup set

set	total	side	add
e	45		
A	135	45	45
W	200	77.5	25, 5, 2.5

2 warmup sets

set	total	side	add
e	45		
A	85	20	15, 5
B	145	50	-5, 35
W	200	77.5	25, 2.5

3 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	115	35	10
C	165	60	-10, 35
W	200	77.5	15, 2.5

205

1 warmup set

set	total	side	add
e	45		
A	135	45	45
W	205	80	35

2 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	165	60	35
W	205	80	15, 5

3 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	115	35	5, 5
C	175	65	-5, 35
W	205	80	15

210

1 warmup set

set	total	side	add
e	45		
A	135	45	45
W	210	82.5	35, 2.5

2 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	165	60	35
W	210	82.5	15, 5, 2.5

3 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	115	35	5, 5
C	175	65	-5, 35
W	210	82.5	15, 2.5

215

1 warmup set

set	total	side	add
e	45		
A	135	45	45
W	215	85	25, 15

2 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	165	60	25
W	215	85	15, 10

3 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	115	35	10
C	185	70	35
W	215	85	15

220

1 warmup set

set	total	side	add
e	45		
A	135	45	45
W	220	87.5	25, 15, 2.5

2 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	165	60	25
W	220	87.5	15, 10, 2.5

3 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	115	35	10
C	185	70	35
W	220	87.5	15, 2.5

225

1 warmup set

set	total	side	add
e	45		
A	135	45	45
W	225	90	35, 10

2 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	165	60	25
W	225	90	15, 10, 5

3 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	145	50	35
C	195	75	25
W	225	90	10, 5

230

1 warmup set

set	total	side	add
e	45		
A	135	45	45
W	230	92.5	35, 10, 2.5

2 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	165	60	25
W	230	92.5	15, 10, 5, 2.5

3 warmup sets

set	total	side	add
e	45		
A	75	15	15
B	145	50	35
C	195	75	25
W	230	92.5	10, 5, 2.5

235

1 warmup set

set	total	side	add
e	45		
A	135	45	45
W	235	95	35, 15

2 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	185	70	45
W	235	95	15, 10

3 warmup sets

set	total	side	add
e	45		
A	85	20	15, 5
B	155	55	35
C	175	65	10
W	235	95	25, 5

240

1 warmup set

set	total	side	add
e	45		
A	135	45	45
W	240	97.5	35, 15, 2.5

2 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	185	70	45
W	240	97.5	15, 10, 2.5

3 warmup sets

set	total	side	add
e	45		
A	85	20	15, 5
B	155	55	35
C	175	65	10
W	240	97.5	25, 5, 2.5

245

1 warmup set

set	total	side	add
e	45		
A	135	45	45
W	245	100	35, 15, 5

2 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	165	60	15, 5, 5
W	245	100	-5, 45

3 warmup sets

set	total	side	add
e	45		
A	85	20	15, 5
B	155	55	35
C	205	80	25
W	245	100	-25, 45

250

1 warmup set

set	total	side	add
e	45		
A	135	45	45
W	250	102.5	35, 15, 5, 2.5

2 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	165	60	15, 5, 5
W	250	102.5	-5, 45, 2.5

3 warmup sets

set	total	side	add
e	45		
A	85	20	15, 5
B	155	55	35
C	205	80	25
W	250	102.5	-25, 45, 2.5

255

1 warmup set

set	total	side	add
e	45		
A	135	45	45
W	255	105	35, 25

2 warmup sets

set	total	side	add
e	45		
A	105	30	25, 5
B	185	70	-5, 45
W	255	105	35

3 warmup sets

set	total	side	add
e	45		
A	85	20	5, 15
B	145	50	-15, 45
C	215	85	35
W	255	105	15, 5

260

1 warmup set

set	total	side	add
e	45		
A	135	45	45
W	260	107.5	35, 25, 2.5

2 warmup sets

set	total	side	add
e	45		
A	105	30	25, 5
B	185	70	-5, 45
W	260	107.5	35, 2.5

3 warmup sets

set	total	side	add
e	45		
A	85	20	5, 15
B	145	50	-15, 45
C	215	85	35
W	260	107.5	15, 5, 2.5

265

1 warmup set

set	total	side	add
e	45		
A	165	60	35, 25
W	265	110	45, 5

2 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	205	80	45
W	265	110	25, 5

3 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	145	50	5, 10
C	215	85	-10, 45
W	265	110	25

270

1 warmup set

set	total	side	add
e	45		
A	165	60	35, 25
W	270	112.5	45, 5, 2.5

2 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	205	80	45
W	270	112.5	25, 5, 2.5

3 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	145	50	5, 10
C	215	85	-10, 45
W	270	112.5	25, 2.5

275

1 warmup set

set	total	side	add
e	45		
A	155	55	45, 10
W	275	115	35, 25

2 warmup sets

set	total	side	add
e	45		
A	135	45	45
B	205	80	35
W	275	115	25, 10

3 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	165	60	10, 15
C	225	90	-15, 45
W	275	115	25

280

1 warmup set

set	total	side	add
e	45		
A	155	55	45, 10
W	280	117.5	35, 25, 2.5

2 warmup sets

set	total	side	add
e	45		
A	135	45	45
B	205	80	35
W	280	117.5	25, 10, 2.5

3 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	165	60	10, 15
C	225	90	-15, 45
W	280	117.5	25, 2.5

285

1 warmup set

set	total	side	add
e	45		
A	165	60	45, 15
W	285	120	35, 25

2 warmup sets

set	total	side	add
e	45		
A	135	45	45
B	205	80	35
W	285	120	25, 15

3 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	155	55	15, 5
C	235	95	-5, 45
W	285	120	25

290

1 warmup set

set	total	side	add
e	45		
A	165	60	45, 15
W	290	122.5	35, 25, 2.5

2 warmup sets

set	total	side	add
e	45		
A	135	45	45
B	205	80	35
W	290	122.5	25, 15, 2.5

3 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	155	55	15, 5
C	235	95	-5, 45
W	290	122.5	25, 2.5

295

1 warmup set

set	total	side	add
e	45		
A	165	60	45, 15
W	295	125	35, 25, 5

2 warmup sets

set	total	side	add
e	45		
A	135	45	45
B	205	80	35
W	295	125	25, 15, 5

3 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	155	55	15, 5
C	245	100	45
W	295	125	25

300

1 warmup set

set	total	side	add
e	45		
A	165	60	45, 15
W	300	127.5	35, 25, 5, 2.5

2 warmup sets

set	total	side	add
e	45		
A	135	45	45
B	205	80	35
W	300	127.5	25, 15, 5, 2.5

3 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	155	55	15, 5
C	245	100	45
W	300	127.5	25, 2.5

305

1 warmup set

set	total	side	add
e	45		
A	185	70	45, 25
W	305	130	35, 15, 10

2 warmup sets

set	total	side	add
e	45		
A	135	45	45
B	205	80	35
W	305	130	25, 15, 10

3 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	185	70	45
C	255	105	35
W	305	130	15, 10

310

1 warmup set

set	total	side	add
e	45		
A	185	70	45, 25
W	310	132.5	35, 15, 10, 2.5

2 warmup sets

set	total	side	add
e	45		
A	135	45	45
B	205	80	35
W	310	132.5	25, 15, 10, 2.5

3 warmup sets

set	total	side	add
e	45		
A	95	25	25
B	185	70	45
C	255	105	35
W	310	132.5	15, 10, 2.5

315

1 warmup set

set	total	side	add
e	45		
A	185	70	45, 25
W	315	135	35, 15, 10, 5

2 warmup sets

set	total	side	add
e	45		
A	135	45	45
B	235	95	35, 15
W	315	135	25, 10, 5

3 warmup sets

set	total	side	add
e	45		
A	105	30	25, 5
B	195	75	45
C	245	100	15, 10
W	315	135	35

320

1 warmup set

set	total	side	add
e	45		
A	185	70	45, 25
W	320	137.5	35, 15, 10, 5, 2.5

2 warmup sets

set	total	side	add
e	45		
A	135	45	45
B	235	95	35, 15
W	320	137.5	25, 10, 5, 2.5

3 warmup sets

set	total	side	add
e	45		
A	105	30	25, 5
B	195	75	45
C	245	100	15, 10
W	320	137.5	35, 2.5

325

1 warmup set

set	total	side	add
e	45		
A	185	70	45, 25
W	325	140	35, 15, 10, 5, 5

2 warmup sets

set	total	side	add
e	45		
A	135	45	45
B	235	95	35, 15
W	325	140	25, 10, 5, 5

3 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	175	65	25, 5
C	265	110	45
W	325	140	15, 10, 5

330

1 warmup set

set	total	side	add
e	45		
A	185	70	45, 25
W	330	142.5	35, 15, 10, 5, 5, 2.5

2 warmup sets

set	total	side	add
e	45		
A	135	45	45
B	235	95	35, 15
W	330	142.5	25, 10, 5, 5, 2.5

3 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	175	65	25, 5
C	265	110	45
W	330	142.5	15, 10, 5, 2.5

335

1 warmup set

set	total	side	add
e	45		
A	185	70	45, 25
W	335	145	35, 15, 10, 5, 5, 5

2 warmup sets

set	total	side	add
e	45		
A	135	45	45
B	235	95	35, 15
W	335	145	25, 10, 5, 5, 5

3 warmup sets

set	total	side	add
e	45		
A	115	35	35
B	185	70	25, 10
C	275	115	45
W	335	145	15, 5, 5, 5