

Side A
106
113
120
126
132
138
145
152
160
170
182
195
220
285

Side A
106
113
120
126
132
138
145
152
160
170
182
195
220
285

Side B
106
113
120
126
132
138
145
152
160
170
182
195
220
285

Side B
106
113
120
126
132
138
145
152
160
170
182
195
220
285

***Instructions***

**Cut out all four weight cards on the solid black lines**

**Put both Side A cards back to back and laminate (use pocket size laminate)**

**Put both Side B cards back to back and laminate (Use pocket size laminate)**