



Note:

Attach weight stickers on front face of dumbbell shelves after placing dumbbells

Note for 5 - 100lb dumbbells on two racks:

Top Shelves - 8 pair from 5lb to 40 lb plus one 45lb

Middle Shelves - One 45 lb plus 6 pair from 50lb to 75lb

Bottom Shelves - 5 pair from 80lb to 100lb