



## Regular Weight Sets



### BRSS-110

110 lb. Regular "boxed" set with black plates, 5' Chrome bar and collars, (2) 14" chrome dumbbell handles with spring collars.



### RSS-110

110 lb. Regular "boxed" set with gray plates, 5' Chrome bar and collars, (2) 14" chrome dumbbell handles with spring collars.



### BRSS-160T

160 lb. Regular "boxed" set with black plates, 6' threaded chrome bar, (2) 14" threaded chrome dumbbell handles.



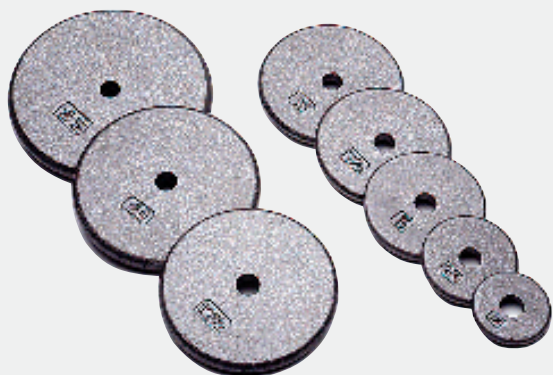
### RSS-160T

160 lb.. Regular "boxed" set with gray plates, 6' threaded chrome bar, (2) 14" threaded chrome dumbbell handles.

(Also Available) BRSS-110T or RSS-110T - 110 lb. Regular "boxed" set, black/gray plates, 5' threaded chrome bar, (2) 14" threaded chrome dumbbell handles (Not Pictured).



## Regular Plates



### R-Plate

Regular plate for all regular bars. Ground edges with machined centered hole. High quality gray enamel finish. In sizes: 1.25, 2.5, 5, 7.5, 10, 12.5, 20, 25, 50 pounds each.



### BR-Plate

Regular plate for regular bars. Ground edges with machined centered hole. Durable black enamel finish. In sizes: 1.25, 2.5, 5, 7.5, 10, 12.5, 20, 25, 50 pounds each.



## Collars - Regular



**ARQC**  
1" "Quicklee"  
Plastic Collar



**TRZC**  
1" "EZ-ON"  
Spring Collar



**ARMC**  
1" "Muscle  
Clamp" Collar