

RESISTANCE LOAD BASED ON SET OF 2 CORDS

	Medium	Heavy	Extra Heavy	Ultimate
<b>Start Position</b> When connected to bar	10	10	11	12.5
<b>Finish Position</b> Top of lift	70	105	150	195
RESISTANCE CHART - QUICK REFERENCE - BASED ON SET OF 2 CORDS				
	Medium	Heavy	Extra Heavy	Ultimate
<b>Avg LBS of Resistance</b>	40	65	85	105
<b>Working Range of Resistance</b>	10-70	10-105	15-150	15-195

RESISTANCE	CORD COLOR
Medium	Red
Heavy	Blue
Extra Heavy	Gray
Ultimate	Black

RESISTANCES FIGURED IN POUNDS (LBS)

**DEAD-X CORD BREAKDOWN**

