

RESISTANCE LOAD BASED ON SINGLE CORD

	Extra Light	Light	Medium	Heavy	Extra Heavy	Ultimate
2' Stretch	5	7.5	15	20	30	40
3' Stretch	7.5	10	20	30	45	60
4' Stretch	15	20	30	40	60	80

RESISTANCE CHART - QUICK REFERENCE - BASED ON SINGLE CORD

	Extra Light	Light	Medium	Heavy	Extra Heavy	Ultimate
Avg LBS of Resistance	11.5	15	25	35	45	60
Working Range of Resistance	5-15	7.5-20	15-30	20-40	30-60	40-80

RESISTANCE	CORD COLOR
Extra Light	Green
Light	Yellow
Medium	Red
Heavy	Blue
Extra Heavy	Gray
Ultimate	Black

RESISTANCES FIGURED IN POUNDS (LBS)

FLEX-X TRAINER BREAKDOWN

