

RESISTANCE LOAD BASED ON SET OF 2 CORDS

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

