

RESISTANCE	16" (GROUND)	24" (START)	48" (MID)	60" (FINISH)	84" (OVERHEAD)
Extra Light	2.5	9.5	27.5	35	45
Light	5	16.5	52.5	72.5	95

RESISTANCE	CORD COLOR
Extra Light	Green
Light	Yellow

RESISTANCES FIGURED IN POUNDS (LBS)

**POWER-X CORD BREAKDOWN**

