

SQUAT & BENCH STATIONS

BENCH-X CORDS (SET OF 2 CORDS)				SQUAT-X CORDS (SET OF 2 CORDS)			
RESISTANCE	AVG LBS OF RESISTANCE	AVG INCREASE PER LOOP	WORKING RANGE OF RESISTANCE (LBS)	RESISTANCE	AVG LBS OF RESISTANCE	AVG INCREASE PER LOOP	WORKING RANGE OF RESISTANCE (LBS)
LIGHT	30 LBS	10 LBS	20-45 LBS	LIGHT	15 LBS	3 LBS	10-25 LBS
MEDIUM	40 LBS	15 LBS	25-55 LBS	MEDIUM	25 LBS	5 LBS	15-35 LBS
HEAVY	55 LBS	15 LBS	40-75 LBS	HEAVY	40 LBS	10 LBS	20-60 LBS
EXTRA HEAVY	70 LBS	15 LBS	55-90 LBS	EXTRA HEAVY	50 LBS	10 LBS	30-70 LBS
ULTIMATE	85 LBS	15 LBS	70-105 LBS	ULTIMATE	55 LBS	15 LBS	35-75 LBS

PLATFORM STATIONS

DEAD-X CORDS (SET OF 2 CORDS)			JUMP-X CORD (SET OF 2 CORDS)		
RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE	RESISTANCE	AVG LBS OF RESISTANCE	AVG INCREASE USING D-RING WORKING RANGE OF RESISTANCE (LBS)
MEDIUM	40 LBS	10-70 LBS	EXTRA LIGHT	10 LBS	2.5 LBS 5-15 LBS
HEAVY	65 LBS	10-105 LBS	LIGHT	20 LBS	5 LBS 15-25 LBS
EXTRA HEAVY	85 LBS	15-150 LBS	MEDIUM	25 LBS	8 LBS 20-35 LBS
ULTIMATE	105 LBS	15-195 LBS	HEAVY	30 LBS	10 LBS 25-40 LBS
POWER-X CORD (SET OF 2 CORDS)			EXTRA HEAVY	40 LBS	15 LBS 35-50 LBS
RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE	ULTIMATE	45 LBS	20 LBS 40-55 LBS
EXTRA LIGHT	24 LBS	2.5 - 45 LBS			
LIGHT	48 LBS	5 -95 LBS			

WALL STATIONS

SPEED-X 5' CORD (SET OF 2 CORDS)			HIP-X CORD (SINGLE CORD)			ULT-X CORDS (SINGLE CORD)		
RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE (LBS)	RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE (LBS)	RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE (LBS)
SUPER LIGHT	8 LBS	5-10 LBS	SUPER LIGHT	4 LBS	2.5-5.5 LBS	SUPER LIGHT	4 LBS	2.5-5.5 LBS
EXTRA LIGHT	15 LBS	10-20 LBS	EXTRA LIGHT	6.5 LBS	4-9 LBS	EXTRA LIGHT	6.5 LBS	4-9 LBS
LIGHT	30 LBS	20-40 LBS	LIGHT	13 LBS	8-18.5 LBS	LIGHT	13 LBS	8-18.5 LBS
MEDIUM	45 LBS	30-60 LBS	MEDIUM	15 LBS	9.5-21 LBS	MEDIUM	15 LBS	9.5-21 LBS
HEAVY	60 LBS	40-80 LBS	HEAVY	22.5 LBS	13.5-31.5 LBS	HEAVY	22.5 LBS	13.5-31.5 LBS
EXTRA HEAVY	75 LBS	50-100 LBS	EXTRA HEAVY	24 LBS	15.5-34.5 LBS	EXTRA HEAVY	24 LBS	15.5-34.5 LBS
ULTIMATE	90 LBS	60-120 LBS	ULTIMATE	35 LBS	21-48 LBS	ULTIMATE	35 LBS	21-48 LBS

MISC

FLEX-X TRAINER (SINGLE CORD)		
RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE (LBS)
LIGHT	15 LBS	7.5-20 LBS
MEDIUM	25 LBS	15-30 LBS
HEAVY	35 LBS	20-40 LBS
EXTRA HEAVY	45 LBS	30-60 LBS
ULTIMATE	60 LBS	40-80 LBS

RESISTANCE COLOR CHART

SUPER LIGHT	Orange
EXTRA LIGHT	Green
LIGHT	Yellow
MEDIUM	Red
HEAVY	Blue
EXTRA HEAVY	Dark Gray
ULTIMATE	Black