

BENCH-X CORDS

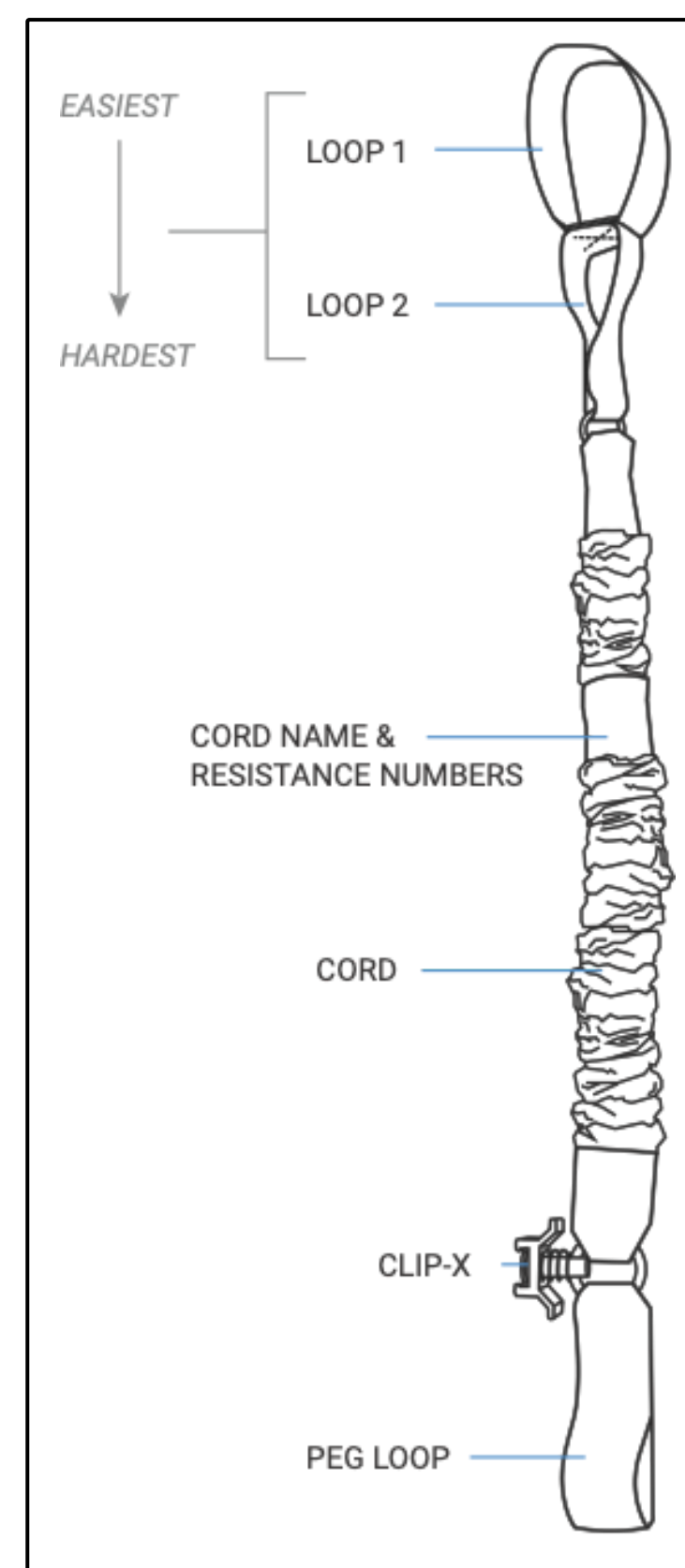
SMART RESISTANCE CHART SET OF 2 CORDS



RESISTANCE LOAD BASED ON SET OF 2 CORDS								
	MEDIUM		HEAVY		EXTRA HEAVY		ULTIMATE	
BAR HEIGHT	LOOP 1	LOOP 2	LOOP 1	LOOP 2	LOOP 1	LOOP 2	LOOP 1	LOOP 2
53	58	62	79	82	94	100	114	121
52	56	60	78	82	94	99	113	120
51	55	59	77	80	93	98	111	119
50	54	59	76	80	91	96	109	117
49	52	58	74	79	89	95	106	114
48	51	56	73	78	88	94	104	113
47	50	55	71	77	86	93	103	111
46	50	52	69	76	84	91	101	109
45	49	52	67	74	82	89	99	106
44	47	51	65	73	81	88	96	104
43	45	50	63	71	79	86	93	103
42	44	50	61	69	77	84	91	101
41	43	49	59	67	75	82	89	99
40	42	47	58	65	72	81	85	96
39	40	45	56	63	70	79	82	93
38	38	44	55	61	68	77	80	91
37	37	43	53	59	65	75	78	89
36	35	42	51	58	64	72	74	85
35	34	40	50	56	62	70	72	82
34	32	38	47	55	59	68	70	80
33	31	37	46	53	56	65	67	78
32	30	35	44	51	54	64	63	74
31	28	34	42	50	52	62	61	72
30	27	32	39	47	49	59	57	70
29	25	31	35	46	47	56	54	67
28	24	30	33	44	44	54	50	63
27	22	28	30	42	39	52	45	61
26	19	27	25	39	35	49	39	57
25	16	25	22	35	29	47	34	54
24	15	24	18	33	23	44	28	50
23	10	22	13	30	16	39	19	45
22	5	19	7	25	8	35	10	39
21	0	16	0	22	0	29	0	34
20	0	15	0	18	0	23	0	28

RESISTANCE	CORD COLOR
MEDIUM	RED
HEAVY	BLUE
EXTRA HEAVY	DARK GRAY
ULTIMATE	BLACK

BENCH-X CORD BREAKDOWN



RESISTANCE CHART - QUICK REFERENCE - BASED ON SET OF 2 CORDS				
	MEDIUM	HEAVY	EXTRA HEAVY	ULTIMAE
Avg LBS of Resistance	40	55	70	85
Avg Increase Per Loop	15	15	15	15
Working Range of Resistance	25-55	40-75	55-90	70-105

RESISTANCES FIGURED IN POUNDS (LBS)

SET UP VIDEO

