

# POWER-X CORD

SMART RESISTANCE CHART  
SET OF 2 CORDS

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

RESISTANCE	CORD COLOR
EXTRA LIGHT	GREEN
LIGHT	YELLOW

## POWER-X CORD BREAKDOWN

