

# RESISTANCE CHARTS


## QUICK REFERENCE

**SQUAT & BENCH STATIONS**



**BENCH-X CORDS (SET OF 2 CORDS)**


RESISTANCE	AVG LBS OF RESISTANCE	AVG INCREASE PER LOOP	WORKING RANGE OF RESISTANCE
LIGHT	30 LBS	10 LBS	20-45 LBS
MEDIUM	40 LBS	15 LBS	25-55 LBS
HEAVY	55 LBS	15 LBS	40-75 LBS
EXTRA HEAVY	70 LBS	15 LBS	55-90 LBS
ULTIMATE	85 LBS	15 LBS	70-105 LBS



**SQUAT-X CORDS (SET OF 2 CORDS)**


RESISTANCE	AVG LBS OF RESISTANCE	AVG INCREASE PER LOOP	WORKING RANGE OF RESISTANCE
LIGHT	15 LBS	3 LBS	10-25 LBS
MEDIUM	25 LBS	5 LBS	15-35 LBS
HEAVY	40 LBS	10 LBS	20-60 LBS
EXTRA HEAVY	50 LBS	10 LBS	30-70 LBS
ULTIMATE	55 LBS	15 LBS	35-75 LBS

**PLATFORM STATIONS**




**DEAD-X CORDS (SET OF 2 CORDS)**

RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE
MEDIUM	40 LBS	10-70 LBS
HEAVY	65 LBS	10-105 LBS
EXTRA HEAVY	85 LBS	15-150 LBS
ULTIMATE	105 LBS	15-195 LBS



**JUMP-X CORDS (SET OF 2 CORDS)**


RESISTANCE	AVG LBS OF RESISTANCE	AVG INCREASE USING D-RING	WORKING RANGE OF RESISTANCE
EXTRA LIGHT	10 LBS	2.5 LBS	5-15 LBS
LIGHT	20 LBS	5 LBS	15-25 LBS
MEDIUM	25 LBS	8 LBS	20-35 LBS
HEAVY	30 LBS	10 LBS	25-40 LBS
EXTRA HEAVY	40 LBS	15 LBS	35-50 LBS
ULTIMATE	45 LBS	20 LBS	40-55 LBS



**POWER-X CORDS (SET OF 2 CORDS)**


RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE
EXTRA LIGHT	24 LBS	2.5-45 LBS
LIGHT	48 LBS	5-95 LBS

**WALL STATIONS**




**SPEED-X 5' CORD (SET OF 2 CORDS)**

RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE
SUPER LIGHT	8 LBS	5-10 LBS
EXTRA LIGHT	15 LBS	10-20 LBS
LIGHT	30 LBS	20-40 LBS
MEDIUM	45 LBS	30-60 LBS
HEAVY	60 LBS	40-80 LBS
EXTRA HEAVY	75 LBS	50-100 LBS
ULTIMATE	90 LBS	60-120 LBS




**HIP-X CORD (SINGLE CORD)**

RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE
SUPER LIGHT	4 LBS	2.5-5.5 LBS
EXTRA LIGHT	6.5 LBS	4-9 LBS
LIGHT	13 LBS	8-18.5 LBS
MEDIUM	15 LBS	9.5-21 LBS
HEAVY	22.5 LBS	13.5-31.5 LBS
EXTRA HEAVY	24 LBS	15.5-34.5 LBS
ULTIMATE	35 LBS	21-48 LBS



**ULT-X CORD (SINGLE CORD)**

RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE
SUPER LIGHT	4 LBS	2.5-5.5 LBS
EXTRA LIGHT	6.5 LBS	4-9 LBS
LIGHT	13 LBS	8-18.5 LBS
MEDIUM	15 LBS	9.5-21 LBS
HEAVY	22.5 LBS	13.5-31.5 LBS
EXTRA HEAVY	24 LBS	15.5-34.5 LBS
ULTIMATE	35 LBS	21-48 LBS



**FLEX-X TRAINER (SINGLE CORD)**

RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE
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