

# SPEED-X 5FT CORD

SMART RESISTANCE CHART  
SET OF 2 CORDS



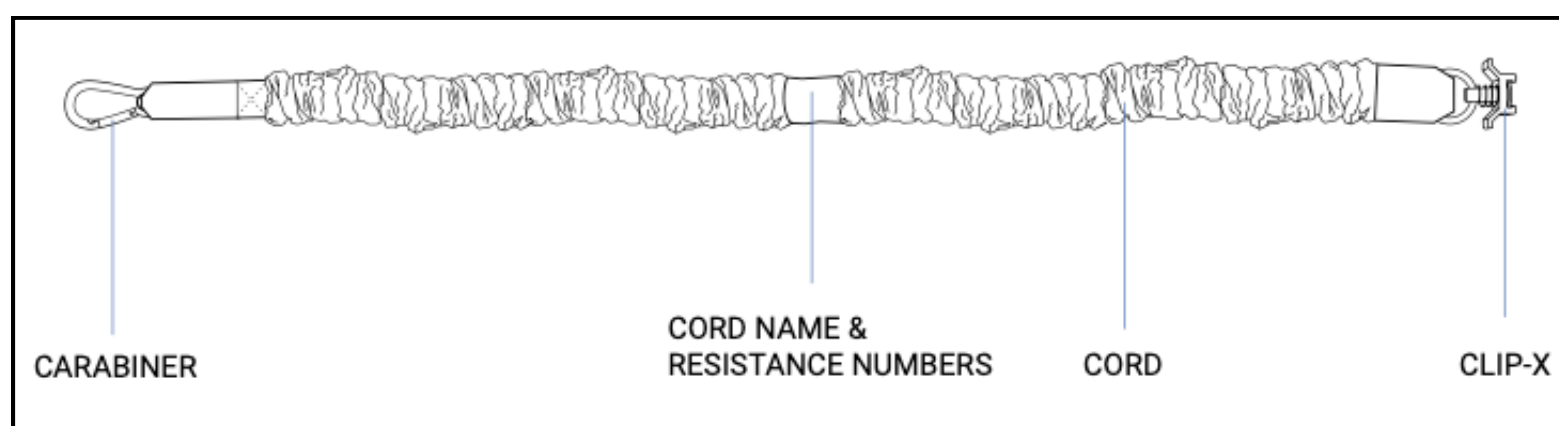
## RESISTANCE LOAD BASED ON SET OF 2 CORDS

	Super Light	Extra Light	Light	Medium	Heavy	Extra Heavy	Ultimate
10' Stretch	5	10	20	30	40	50	60
15' Stretch	7	15	30	40	60	80	90
20' Stretch	10	20	40	60	80	100	120

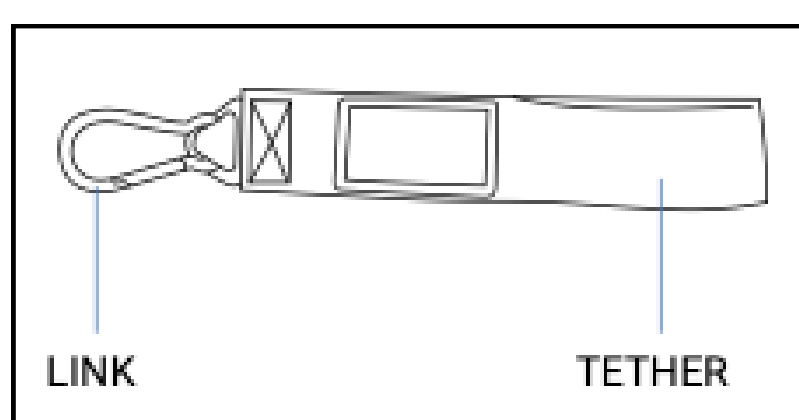
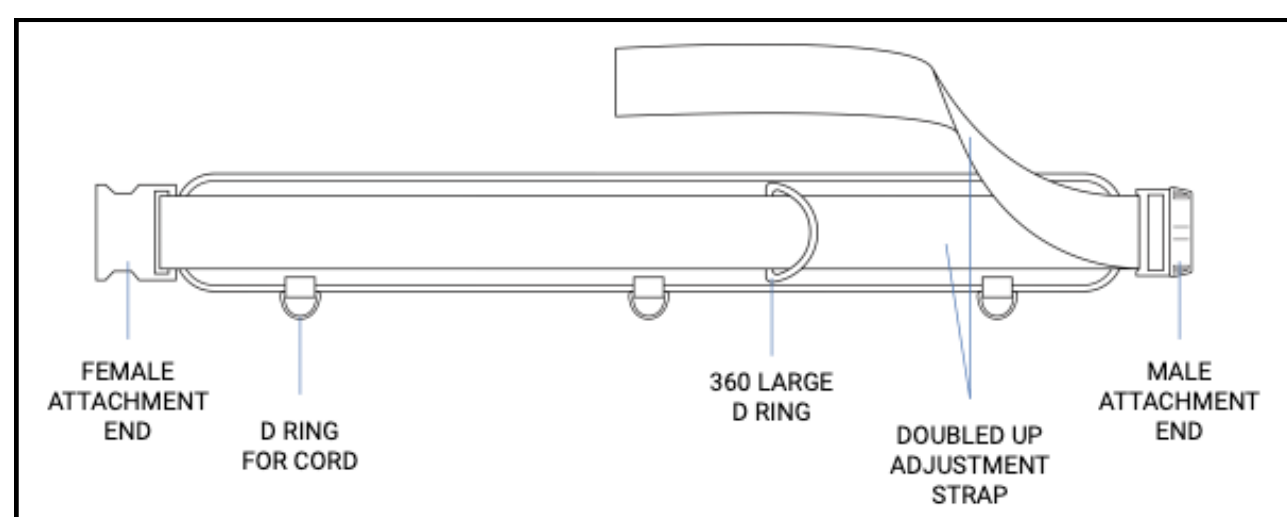
## Resistance Chart - Quick Reference - Based on Set of 2 Cords

	Super Light	Extra Light	Light	Medium	Heavy	Extra Heavy	Ultimate
Avg LBS of Resistance	8	15	30	45	60	75	90
Working Range of Resistance	5-10	10-20	20-40	30-60	40-80	50-100	60-120

## SPEED-X 5 FT CORD, BELT-X & HANDLE BREAKDOWN



Cord works with BELT-X & SPEED-X Handle to create SPEED-X Lower Body System.



RESISTANCE	CORD COLOR
SUPER LIGHT	ORANGE
EXTRA LIGHT	GREEN
LIGHT	YELLOW
MEDIUM	RED
HEAVY	BLUE
EXTRA HEAVY	DARK GRAY
ULTIMATE	BLACK

SET UP VIDEO

