

SQUAT-X CORDS

SMART RESISTANCE CHART

SET OF 2 CORDS

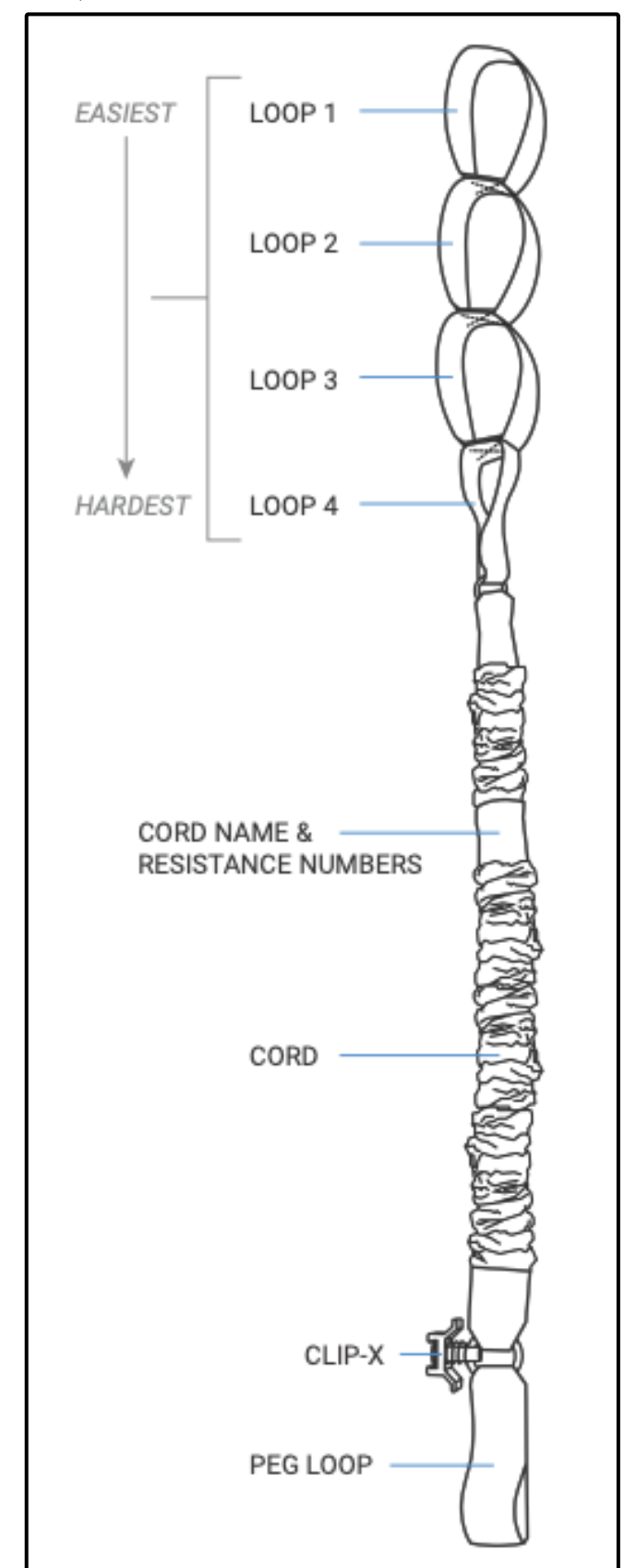


RESISTANCE LOAD BASED ON SET OF 2 CORDS

Bar Height	MEDIUM				HEAVY				EXTRA HEAVY				ULTIMATE			
	LOOP 1	LOOP 2	LOOP 3	LOOP 4	LOOP 1	LOOP 2	LOOP 3	LOOP 4	LOOP 1	LOOP 2	LOOP 3	LOOP 4	LOOP 1	LOOP 2	LOOP 3	LOOP 4
72	43	46	50	56	69	73	76	79	85	88	93	98	94	99	105	111
71	42	46	49	54	67	72	75	79	83	87	92	97	93	98	104	110
70	41	45	48	52	66	72	75	78	80	87	90	96	92	97	102	108
69	41	44	48	51	66	70	74	77	79	86	89	94	90	95	100	106
68	40	43	46	50	64	69	73	76	77	85	88	93	89	94	99	105
67	39	42	46	49	63	67	72	75	75	83	87	92	87	93	98	104
66	38	41	45	48	61	66	72	75	74	80	87	90	86	92	97	102
65	38	41	44	48	61	66	70	74	73	79	86	89	85	90	95	100
64	37	40	43	46	60	64	69	73	72	77	85	88	83	89	94	99
63	35	39	42	46	59	63	67	72	70	75	83	87	82	87	93	98
62	34	38	41	45	58	61	66	72	69	74	80	87	79	86	92	97
61	33	38	41	44	57	61	66	70	68	73	79	86	78	85	90	95
60	32	37	40	43	56	60	64	69	66	72	77	85	77	83	89	94
59	32	35	39	42	56	58	63	67	65	70	75	83	75	82	87	93
58	30	33	38	41	53	57	61	66	62	68	73	79	71	78	85	90
57	31	34	38	41	55	58	61	66	64	69	74	80	73	79	86	92
56	30	32	37	40	51	56	60	64	61	66	72	77	70	77	83	89
55	29	32	35	39	50	56	59	63	59	65	70	75	68	75	82	87
54	29	31	34	38	48	55	58	61	58	64	69	74	67	73	79	86
53	28	30	33	38	47	53	57	61	56	62	68	73	65	71	78	85
52	27	30	32	37	46	51	56	60	54	61	66	72	63	70	77	83
51	25	29	32	35	44	50	56	59	52	59	65	70	61	68	75	82
50	25	29	31	34	42	48	55	58	50	58	64	69	58	67	73	79
49	24	28	30	33	41	47	53	57	49	56	62	68	56	65	71	78
48	24	27	30	32	39	46	51	56	47	54	61	66	54	63	70	77
47	23	25	29	32	38	44	50	56	45	52	59	65	52	61	68	75
46	22	25	29	31	36	42	48	55	43	50	58	64	50	58	67	73
45	21	24	28	30	34	41	47	53	41	49	56	62	47	56	65	71
44	20	24	27	30	32	39	46	51	39	47	54	61	45	54	63	70
43	19	23	25	29	29	38	44	50	37	45	52	59	42	52	61	68
42	17	22	25	29	26	36	42	48	34	43	50	58	39	50	58	67
41	15	21	24	28	23	34	41	47	29	41	49	56	35	47	56	65
40	13	20	24	27	31	32	39	46	26	39	47	54	32	45	54	63
39	10	19	23	25	18	29	38	44	21	37	45	52	27	42	52	61
38	9	17	22	25	16	26	36	42	18	34	43	50	21	39	50	58
37	7	15	21	24	12	23	34	41	15	29	41	49	17	35	47	56
36	4	13	20	24	7	21	32	39	9	26	39	47	13	32	45	54
35	0	10	19	23	0	18	29	38	0	21	37	45	0	27	42	52
34	0	9	17	22	0	16	26	36	0	18	34	43	0	21	39	50
33	0	7	15	21	0	12	23	34	0	15	29	41	0	17	35	47
32	0	4	13	20	0	7	21	32	0	9	27	40	0	13	32	45
31	0	0	10	19	0	0	18	29	0	0	21	37	0	0	27	42
30	0	0	9	17	0	0	16	26	0	0	18	34	0	0	21	39

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

SQUAT-X CORD BREAKDOWN



RESISTANCE CHART - QUICK REFERENCE - BASED ON SET OF 2 CORDS

	MEDIUM	HEAVY	EXTRA HEAVY	ULTIMATE
Avg LBS of Resistance	25	40	50	55
Avg Increase Per Loop	5	10	10	15
Working Range of Resistance	15-35	20-60	30-70	35-75

RESISTANCES FIGURED IN POUNDS (LBS)

SET UP VIDEO

