

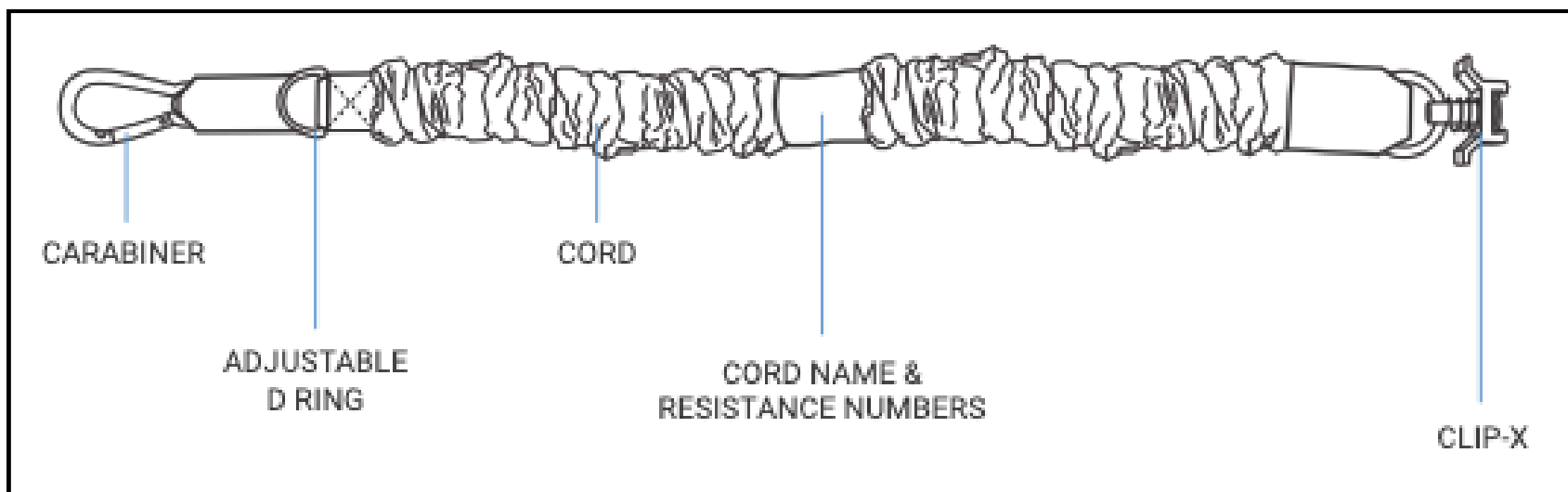
JUMP-X CORDS

SMART RESISTANCE CHART
SET OF 2 CORDS

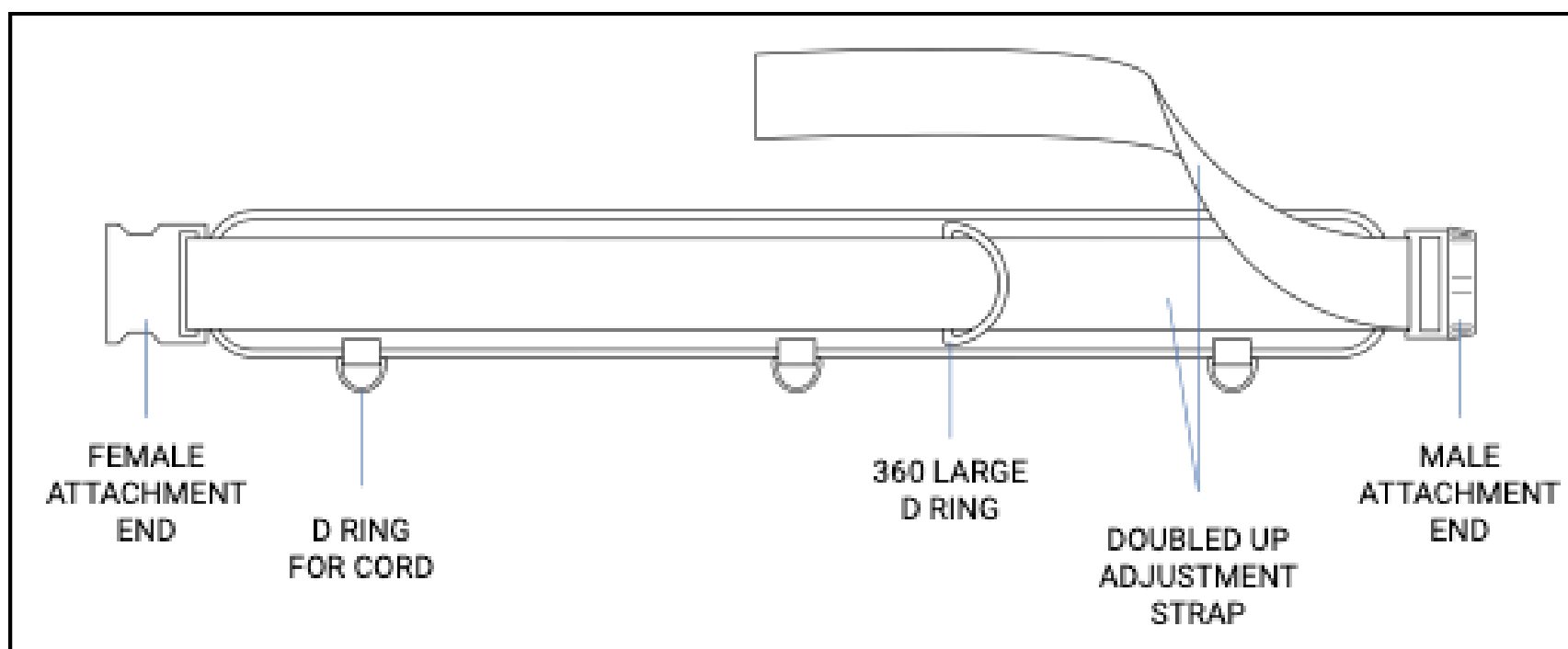
RESISTANCE LOAD BASED ON SET OF 2 CORDS

	Extra Light	Light	Medium	Heavy	Extra Heavy	Ultimate
Avg LBS of Resistance	10	20	25	30	40	45
Avg Increase with D-Ring	2.5	5	8	10	15	20
Working Range of Resistance	5-15	15-25	20-35	25-40	35-50	40-55

JUMP-X CORD BREAKDOWN



Cord works with BELT-X to complete JUMP-X System.



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

SET UP VIDEO

