

## 6' BILATERAL TUBE RESISTANCE EQUIVALENCY CHART

Measurements are approximate.

The resistance is measured in pounds at listed length of stretch.

It is advisable to move to a stronger tube to increase resistance rather than stretching a weaker tube to it's maximum.

Resistance	Thin	Medium	Heavy	Extra Heavy	Special Heavy
Color	Yellow	Red	Green	Blue	Black
<b>6"</b>	.69 lbs.	1.60 lbs.	2.00 lbs.	3.00 lbs.	5.00 lbs.
<b>12"</b>	1.25 lbs.	3.00 lbs.	3.60 lbs.	5.30 lbs.	9.00 lbs.
<b>18"</b>	1.75 lbs.	4.00 lbs.	4.60 lbs.	7.00 lbs.	11.00 lbs.
<b>24"</b>	2.00 lbs.	4.80 lbs.	6.00 lbs.	8.60 lbs.	13.50 lbs.
<b>30"</b>	2.31 lbs.	5.50 lbs.	6.80 lbs.	10.00 lbs.	15.50 lbs.
<b>36"</b>	2.60 lbs.	6.00 lbs.	7.60 lbs.	11.40 lbs.	19.00 lbs.

Resistance	Thin	Medium	Heavy	Extra Heavy	Special Heavy
Color	Yellow	Red	Green	Blue	Black
<b>15.24 cm</b>	.31 kg	.73 kg	.90 kg	1.40 kg	2.30 kg
<b>30.48 cm</b>	.57 kg	1.40 kg	1.60 kg	2.40 kg	4.10 kg
<b>45.72 cm</b>	.79 kg	1.80 kg	2.10 kg	3.20 kg	4.90 kg
<b>60.96 cm</b>	.91 kg	2.22 kg	2.70 kg	3.90 kg	6.10 kg
<b>76.20 cm</b>	1.00 kg	2.50 kg	3.10 kg	4.50 kg	7.00 kg
<b>91.44 cm</b>	1.20 kg	2.70 kg	3.40 kg	5.10 kg	8.60 kg