

3' UNILATERAL 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 |
| 6" (15.24 CM) | .69 LBS (.31 KG) | 1.6 LBS (.73 KG) | 2 LBS (.90 KG) | 3 LBS (1.4 KG) | 5 LBS (2.3 KG) |
| 12" (30.48 CM) | 1.25 LBS (.57 KG) | 3 LBS (1.4 KG) | 3.6 LBS (1.6 KG) | 5.3 LBS (2.4 KG) | 9.0 LBS (4.1 KG) |
| 18" (45.72 CM) | 1.75 LBS (.79 KG) | 4 LBS (1.8 KG) | 4.6 LBS (2.1 KG) | 7 LBS (3.2 KG) | 11 LBS (4.9 KG) |
| 24" (60.96 CM) | 2 LBS (.91 KG) | 4.8 LBS (2.22 KG) | 6 LBS (2.7 KG) | 8.6 LBS (3.9 KG) | 13.5 LBS (6.1 KG) |
| 30" (76.20 CM) | 2.31 LBS (1 KG) | 5.5 LBS (2.5 KG) | 6.8 LBS (3.1 KG) | 10 LBS (4.5 KG) | 15.5 LBS (7 KG) |
| 36" (91.44 CM) | 2.6 LBS (1.2 KG) | 6 LBS (2.7 KG) | 7.6 LBS (3.4 KG) | 11.4 LBS (5.1 KG) | 19 LBS (8.6 KG) |