

6' LOOP 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)	.83 LBS (.38 KG)	1.93 LBS (.88 KG)	2.42 LBS (1.1 KG)	3.6 LBS (1.6 KG)	7 LBS (3.2 KG)
12" (30.48 CM)	1.5 LBS (.68 KG)	3.63 LBS (1.6 KG)	4.0 LBS (1.8 KG)	6.4 LBS (2.9 KG)	10 LBS (4.5 KG)
18" (45.72 CM)	2.1 LBS (.95 KG)	4.8 LBS (2.2 KG)	5.6 LBS (2.5 KG)	8.5 LBS (3.8 KG)	13.5 LBS (6.1 KG)
24" (60.96 CM)	2.4 LBS (1.1 KG)	5.8 LBS (2.6 KG)	7.3 LBS (3.3 KG)	10.4 LBS (4.7 KG)	17 LBS (7.7 KG)
30" (76.20 CM)	2.8 LBS (1.3 KG)	6.6 LBS (3.0 KG)	8.2 LBS (3.7 KG)	12 LBS (5.5 KG)	20 LBS (9.1 KG)
36" (91.44 CM)	3.1 LBS (1.4 KG)	7.3 LBS (3.3 KG)	9.2 LBS (4.2 KG)	13.6 LBS (6.2 KG)	22 LBS (10 KG)

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)