

## 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.

<b>RESISTANCE</b>	<b>THIN</b>	<b>MEDIUM</b>	<b>HEAVY</b>	<b>EXTRA HEAVY</b>	<b>SPECIAL HEAVY</b>
<b>COLOR</b>	<b>YELLOW</b>	<b>RED</b>	<b>GREEN</b>	<b>BLUE</b>	<b>BLACK</b>
<b>6"</b> <b>(15.24 CM)</b>	.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)
<b>12"</b> <b>(30.48 CM)</b>	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)
<b>18"</b> <b>(45.72 CM)</b>	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)
<b>24"</b> <b>(60.96 CM)</b>	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)
<b>30"</b> <b>(76.20 CM)</b>	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)
<b>36"</b> <b>(91.44 CM)</b>	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)