

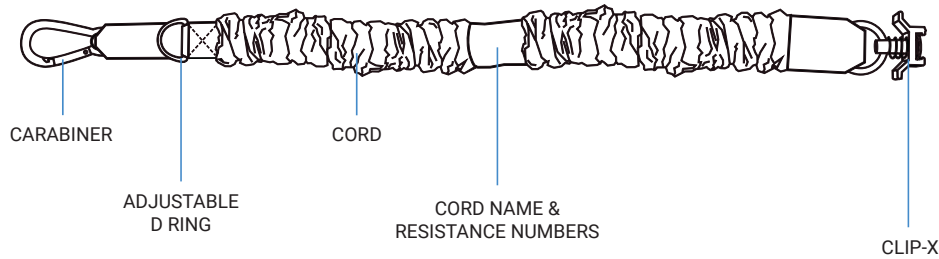
RESISTANCE LOAD BASED ON SET OF 2 CORDS

	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

RESISTANCE	CORD COLOR
Extra Light	Green
Light	Yellow
Medium	Red
Heavy	Blue
Extra Heavy	Gray
Ultimate	Black

RESISTANCES FIGURED IN POUNDS (LBS)

JUMP-X CORD BREAKDOWN



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

