

The amount of weight added to your exercise when the band is stretched to a certain length.

Yellow (14 mm)		Red (22 mm)		Blue (32 mm)		Green (48 mm)		Black (67 mm)	
Length (cm)	Tension (kg)	Length (cm)	Tension (kg)	Length (cm)	Tension (kg)	Length (cm)	Tension (kg)	Length (cm)	Tension (kg)
100	0	100	0	100	0	100	0	100	0
110	3	110	5	110	9	110	7	110	15
120	6	120	10	120	15	120	17	120	29
130	8	130	13	130	20	130	24	130	40
140	10	140	17	140	24	140	30	140	49
150	12	150	19	150	27	150	49	150	57

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