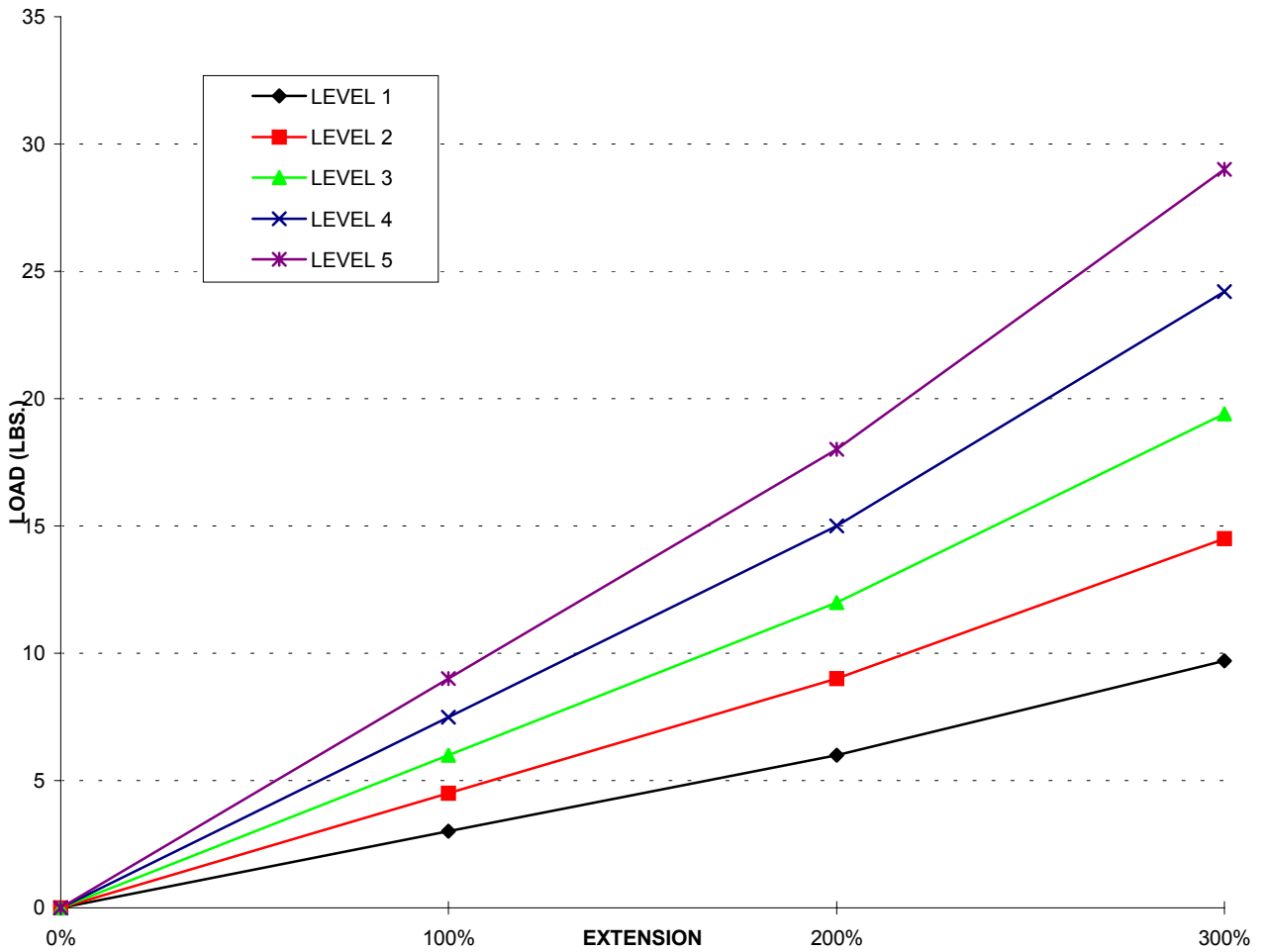


## REP Band Resistance Levels



Extended Length (original length 24")	EXTENSION LOAD (LBS).				
	LEVEL 1 (Peach)	LEVEL 2 (Orange)	LEVEL 3 (Green)	LEVEL 4 (Blue)	LEVEL 5 (Plum)
25%	0.8	1.1	1.5	1.9	2.3
50%	1.5	2.3	3.0	3.8	4.5
75%	2.3	3.4	4.5	5.6	6.8
100%	3.0	4.5	6.0	7.5	9.0
200%	6.0	9.0	12.0	15.0	18.0