

**RESISTANCE LOAD BASED ON SINGLE CORD**

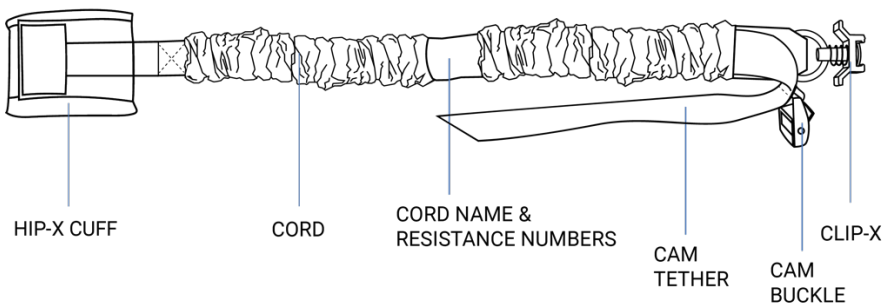
	Super Light	Extra Light	Light	Medium	Heavy	Extra Heavy	Ultimate
4' Stretch	2.5	4	8	9.8	13.6	15.6	21.1
5' Stretch	3.7	6	12	13.8	20.9	23.1	31.5
6' Stretch	4.6	7.7	15.2	17.4	26.2	29.5	40.7
7' Stretch	5.5	9	18.5	20.7	31.5	34.6	48

**RESISTANCE CHART - QUICK REFERENCE – BASED ON SINGLE CORD**

	Super Light	Extra Light	Light	Medium	Heavy	Extra Heavy	Ultimate
Avg LBS of Resistance	4	6.5	13	15	22.5	24	35
Working Range of Resistance	2.5-5.5	4-9	8-18.5	9.5-21	13.5-31.5	15.5-34.5	21-48

RESISTANCES FIGURED IN POUNDS (LBS)

**HIP-X CORD BREAKDOWN**



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