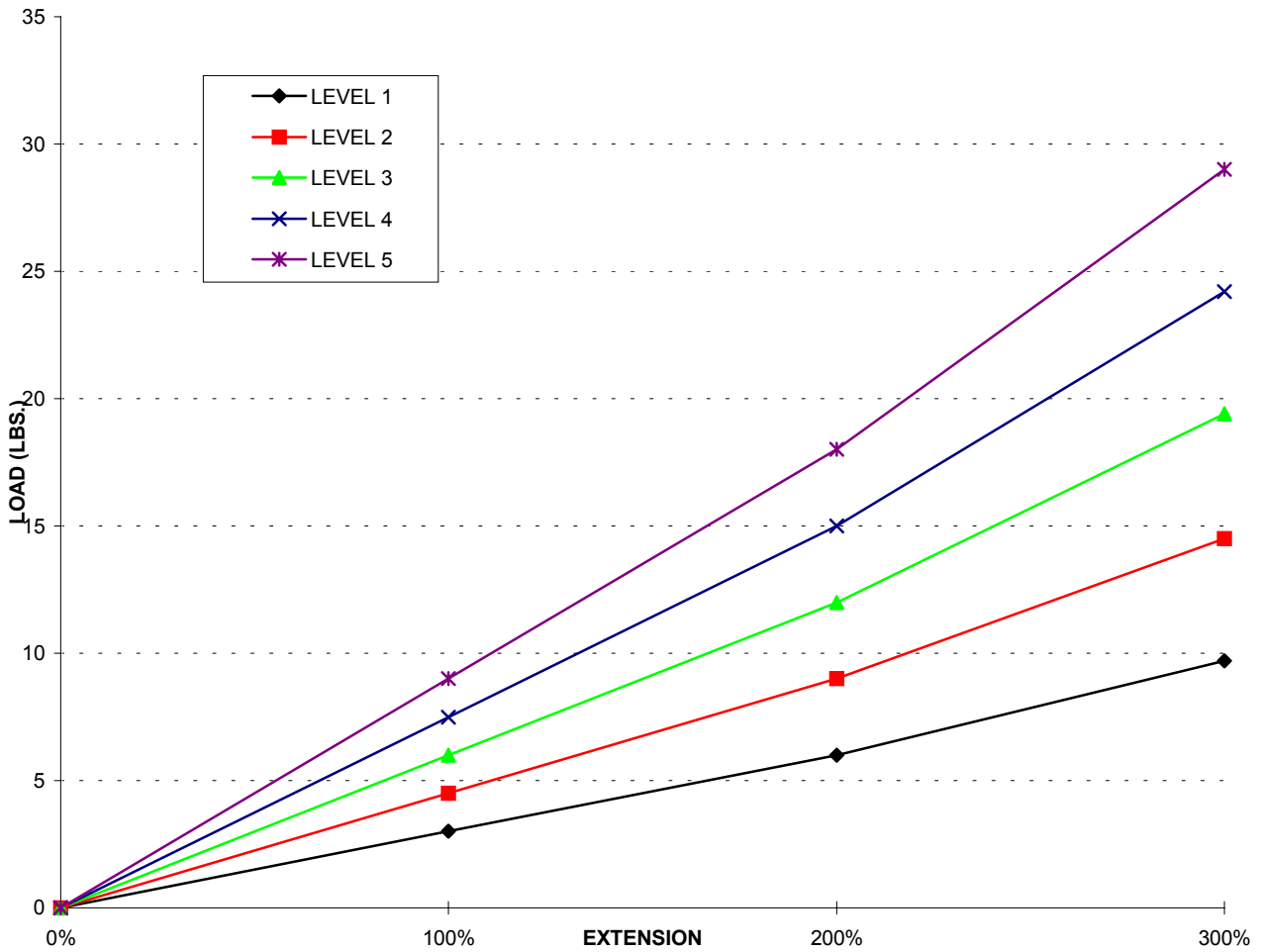


REP Band Resistance Levels



| 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 |