

THERABAND® TUBING

Color	x:x	Resistance at 100% elongation		Resistance increase
Tan Beige	1:8	Extra Thin	2.4 lbs	-
	1:8	Extrem Let	1.1 kg	-
Yellow Gul	2:8	Thin	3.0 lbs	25%
	2:8	Meget Let	1.3 kg	25%
Red Rød	3:8	Medium	3.7 lbs	25%
	3:8	Let	1.7 kg	25%
Green Grøn	4:8	Heavy	4.6 lbs	25%
	4:8	Middel	2.1 kg	25%
Blue Blå	5:8	Extra Heavy	5.8 lbs	25%
	5:8	Over Middel	2.6 kg	25%
Black Sort	6:8	Special Heavy	7.3 lbs	25%
	6:8	Hård	3.3 kg	25%
Silver Sølv	7:8	Super Heavy	10.2 lbs	40%
	7:8	Meget hård	4.6 kg	40%

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Silver Sølv	7:8	Super Heavy	10.2 lbs	40%
	7:8	Meget hård	4.6 kg	40%
Gold Guld	8:8	Max	14.2 lbs	40%
	8:8	Ekstrem Hård	6.5 kg	40%

