

Exercise Tubing: *Resistance Levels*



There are six (6) different resistance levels or strengths of exercise tubing. The tubing is color coded, so each color represents a different resistance level. (You can also determine tubing resistance by looking at the end of the tubing at tubing wall thickness and center hole.)

Depending upon which body part you are working and how, you will use many different resistance levels. For optimal results, always pick a resistance you can safely control with quality.

1. **PURPLE** (EXTRA LIGHT)
2. **PINK** (LIGHT)
3. **ORANGE** (MEDIUM)
4. **YELLOW** (HEAVY)
5. **BLUE** (EXTRA HEAVY)
6. **BLACK** (SUPER HEAVY!)