

The length in cm (the length of the test band 30 cm)	Resistance (in kg)				
	Yellow extra light	Red light	Green medium	Blue firm	Black extra firm
50	0,98	1,62	1,99	2,47	2,98
70	1,38	2,31	2,85	3,46	4,38
90	2,14	2,9	3,58	4,3	5,64