







Order No.: --  
Date: --

# LATEX RESISTANCE BANDS

## RESISTANCE LEVELS:

- Yellow (Very Light, 5-10 lbs) 
- Red (Light, 10-12 lbs) 
- Green (Medium, 12-14 lbs) 
- Blue (Heavy, 14-16 lbs) 
- Silver (Very Heavy, 20-25 lbs) 
- Gold (Ultra Heavy, 40-45 lbs) 

**SCREEN PRINT**  
1 Position

