

RESISTANCE CHARTS ADJUSTABLE GLIDEBOARD – POUNDS (LBS) Weight of Adjustable Glideboard: 37 lbs

RESISTANCE IN POUNDS (LBS)

| Degree of Incline | Incline Level | Your Bodyweight + Weights Added (lbs) | | | | | | | | | |
|-------------------|---------------|---------------------------------------|-----|-----------|-----|-----|-----|-----|-----|-----|-----|
| | | 100 | 130 | 150 | 180 | 200 | 250 | 300 | 400 | 500 | 650 |
| 30.2° | 22 | 68 | 83 | 93 | 108 | 118 | 144 | 169 | 219 | 269 | 345 |
| 28.7° | 21 | 65 | 80 | 89 | 104 | 113 | 137 | 161 | 209 | 258 | 330 |
| 27.3° | 20 | 62 | 76 | 85 | 99 | 108 | 131 | 154 | 200 | 246 | 315 |
| 25.9° | 19 | 59 | 72 | 81 | 94 | 103 | 125 | 147 | 191 | 234 | 300 |
| 24.6° | 18 | 56 | 69 | 77 | 90 | 98 | 119 | 139 | 181 | 223 | 285 |
| 23.2° | 17 | 53 | 65 | 73 | 85 | 93 | 113 | 132 | 172 | 211 | 270 |
| 21.9° | 16 | 51 | 62 | 69 | 80 | 88 | 106 | 125 | 162 | 199 | 255 |
| 20.5° | 15 | 48 | 58 | 65 | 76 | 83 | 100 | 118 | 153 | 188 | 240 |
| 19.2° | 14 | 45 | 54 | 61 | 71 | 78 | 94 | 110 | 143 | 176 | 226 |
| 17.9° | 13 | 42 | 51 | 57 | 66 | 72 | 88 | 103 | 134 | 165 | 211 |
| 16.6° | 12 | 39 | 47 | 53 | 62 | 67 | 82 | 96 | 124 | 153 | 196 |
| 15.3° | 11 | 36 | 44 | 49 | 57 | 62 | 75 | 89 | 115 | 141 | 181 |
| 14.0° | 10 | 33 | 40 | 45 | 52 | 57 | 69 | 81 | 106 | 130 | 166 |
| 12.8° | 9 | 30 | 37 | 41 | 48 | 52 | 63 | 74 | 96 | 118 | 151 |
| 11.5° | 8 | 27 | 33 | 37 | 43 | 47 | 57 | 67 | 87 | 107 | 136 |
| 10.2° | 7 | 24 | 29 | 33 | 38 | 42 | 51 | 60 | 77 | 95 | 122 |
| 9.0° | 6 | 21 | 26 | 29 | 34 | 37 | 45 | 52 | 68 | 84 | 107 |
| 7.7° | 5 | 18 | 22 | 25 | 29 | 32 | 38 | 45 | 59 | 72 | 92 |
| 6.5° | 4 | 15 | 19 | 21 | 24 | 27 | 32 | 38 | 49 | 60 | 77 |
| 5.2° | 3 | 12 | 15 | 17 | 20 | 21 | 26 | 31 | 40 | 49 | 63 |
| 4.0° | 2 | 9 | 12 | 13 | 15 | 16 | 20 | 23 | 30 | 37 | 48 |
| 2.8° | 1 | 7 | 8 | 9 | 10 | 11 | 14 | 16 | 21 | 26 | 33 |
| 1.3° | F | 3 | 4 | 4 | 5 | 5 | 6 | 7 | 10 | 12 | 15 |

Resistance as % of Bodyweight (lbs)

RESISTANCE AS % OF BODYWEIGHT (LBS)

| Degree of Incline | Incline Level | Your Bodyweight + Weights Added (lbs) | | | | | | | | | |
|-------------------|---------------|---------------------------------------|-----|-----------|-----|-----|-----|-----|-----|-----|-----|
| | | 100 | 130 | 150 | 180 | 200 | 250 | 300 | 400 | 500 | 650 |
| 30.2° | 22 | 68 | 64 | 62 | 60 | 59 | 57 | 56 | 55 | 54 | 53 |
| 28.7° | 21 | 65 | 61 | 60 | 58 | 57 | 55 | 54 | 52 | 52 | 51 |
| 27.3° | 20 | 62 | 58 | 57 | 55 | 54 | 52 | 51 | 50 | 49 | 48 |
| 25.9° | 19 | 59 | 56 | 54 | 52 | 52 | 50 | 49 | 48 | 47 | 46 |
| 24.6° | 18 | 56 | 53 | 51 | 50 | 49 | 47 | 46 | 45 | 45 | 44 |
| 23.2° | 17 | 53 | 50 | 49 | 47 | 46 | 45 | 44 | 43 | 42 | 42 |
| 21.9° | 16 | 51 | 47 | 46 | 45 | 44 | 43 | 42 | 41 | 40 | 39 |
| 20.5° | 15 | 48 | 45 | 43 | 42 | 41 | 40 | 39 | 38 | 38 | 37 |
| 19.2° | 14 | 45 | 42 | 41 | 39 | 39 | 38 | 37 | 36 | 35 | 35 |
| 17.9° | 13 | 42 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 33 | 32 |
| 16.6° | 12 | 39 | 36 | 35 | 34 | 34 | 33 | 32 | 31 | 31 | 30 |
| 15.3° | 11 | 36 | 34 | 33 | 32 | 31 | 30 | 30 | 29 | 28 | 28 |
| 14.0° | 10 | 33 | 31 | 30 | 29 | 29 | 28 | 27 | 26 | 26 | 26 |
| 12.8° | 9 | 30 | 28 | 27 | 26 | 26 | 25 | 25 | 24 | 24 | 23 |
| 11.5° | 8 | 27 | 25 | 25 | 24 | 23 | 23 | 22 | 22 | 21 | 21 |
| 10.2° | 7 | 24 | 23 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 19 |
| 9.0° | 6 | 21 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 17 | 16 |
| 7.7° | 5 | 18 | 17 | 17 | 16 | 16 | 15 | 15 | 15 | 14 | 14 |
| 6.5° | 4 | 15 | 14 | 14 | 14 | 13 | 13 | 13 | 12 | 12 | 12 |
| 5.2° | 3 | 12 | 12 | 11 | 11 | 11 | 10 | 10 | 10 | 10 | 10 |
| 4.0° | 2 | 9 | 9 | 9 | 8 | 8 | 8 | 8 | 8 | 7 | 7 |
| 2.8° | 1 | 7 | 6 | 6 | 6 | 6 | 6 | 5 | 5 | 5 | 5 |
| 1.3° | F | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 |

Resistance as % of Bodyweight (lbs)

RESISTANCE CHARTS ADJUSTABLE GLIDEBOARD – KILOGRAMS (KGS) Weight of Adjustable Glideboard: 16.8 kgs

RESISTANCE IN KILOGRAMS (KGS)

| Degree of Incline | Incline Level | Your Bodyweight + Weights Added (kgs) | | | | | | | | | |
|-------------------|---------------|---------------------------------------|----|-----------|----|-----|-----|-----|-----|-----|-----|
| | | 50 | 60 | 70 | 80 | 100 | 120 | 150 | 180 | 240 | 295 |
| 30.2° | 22 | 33 | 38 | 43 | 48 | 58 | 68 | 84 | 99 | 129 | 156 |
| 28.7° | 21 | 32 | 37 | 41 | 46 | 56 | 65 | 80 | 94 | 123 | 150 |
| 27.3° | 20 | 30 | 35 | 40 | 44 | 53 | 63 | 76 | 90 | 118 | 143 |
| 25.9° | 19 | 29 | 33 | 38 | 42 | 51 | 60 | 73 | 86 | 112 | 136 |
| 24.6° | 18 | 28 | 32 | 36 | 40 | 48 | 57 | 69 | 82 | 106 | 129 |
| 23.2° | 17 | 26 | 30 | 34 | 38 | 46 | 54 | 65 | 77 | 101 | 123 |
| 21.9° | 16 | 25 | 28 | 32 | 36 | 43 | 51 | 62 | 73 | 95 | 116 |
| 20.5° | 15 | 23 | 27 | 30 | 34 | 41 | 48 | 58 | 69 | 90 | 109 |
| 19.2° | 14 | 22 | 25 | 28 | 32 | 38 | 45 | 55 | 65 | 84 | 102 |
| 17.9° | 13 | 20 | 23 | 26 | 30 | 36 | 42 | 51 | 60 | 79 | 96 |
| 16.6° | 12 | 19 | 22 | 25 | 27 | 33 | 39 | 47 | 56 | 73 | 89 |
| 15.3° | 11 | 17 | 20 | 23 | 25 | 31 | 36 | 44 | 52 | 68 | 82 |
| 14.0° | 10 | 16 | 18 | 21 | 23 | 28 | 33 | 40 | 48 | 62 | 75 |
| 12.8° | 9 | 15 | 17 | 19 | 21 | 26 | 30 | 37 | 43 | 57 | 69 |
| 11.5° | 8 | 13 | 15 | 17 | 19 | 23 | 27 | 33 | 39 | 51 | 62 |
| 10.2° | 7 | 12 | 14 | 15 | 17 | 21 | 24 | 29 | 35 | 45 | 55 |
| 9.0° | 6 | 10 | 12 | 13 | 15 | 18 | 21 | 26 | 31 | 40 | 49 |
| 7.7° | 5 | 9 | 10 | 12 | 13 | 16 | 18 | 22 | 26 | 34 | 42 |
| 6.5° | 4 | 7 | 9 | 10 | 11 | 13 | 15 | 19 | 22 | 29 | 35 |
| 5.2° | 3 | 6 | 7 | 8 | 9 | 11 | 12 | 15 | 18 | 23 | 28 |
| 4.0° | 2 | 5 | 5 | 6 | 7 | 8 | 10 | 12 | 14 | 18 | 22 |
| 2.8° | 1 | 3 | 4 | 4 | 5 | 6 | 7 | 8 | 9 | 12 | 15 |
| 1.3° | F | 1 | 2 | 2 | 2 | 3 | 3 | 4 | 4 | 6 | 7 |

Resistance as % of Bodyweight (kgs)

RESISTANCE AS % OF BODYWEIGHT (KGS)

| Degree of Incline | Incline Level | Your Bodyweight + Weights Added (kgs) | | | | | | | | | |
|-------------------|---------------|---------------------------------------|----|-----------|----|-----|-----|-----|-----|-----|-----|
| | | 50 | 60 | 70 | 80 | 100 | 120 | 150 | 180 | 240 | 295 |
| 30.2° | 22 | 67 | 64 | 62 | 60 | 58 | 57 | 56 | 55 | 54 | 53 |
| 28.7° | 21 | 64 | 61 | 59 | 58 | 56 | 55 | 53 | 52 | 51 | 51 |
| 27.3° | 20 | 61 | 58 | 57 | 55 | 53 | 52 | 51 | 50 | 49 | 48 |
| 25.9° | 19 | 58 | 56 | 54 | 53 | 51 | 50 | 48 | 48 | 47 | 46 |
| 24.6° | 18 | 55 | 53 | 51 | 50 | 48 | 47 | 46 | 45 | 44 | 44 |
| 23.2° | 17 | 52 | 50 | 49 | 47 | 46 | 45 | 44 | 43 | 42 | 42 |
| 21.9° | 16 | 49 | 47 | 46 | 45 | 43 | 42 | 41 | 41 | 40 | 39 |
| 20.5° | 15 | 46 | 45 | 43 | 42 | 41 | 40 | 39 | 38 | 37 | 37 |
| 19.2° | 14 | 44 | 42 | 41 | 40 | 38 | 37 | 36 | 36 | 35 | 35 |
| 17.9° | 13 | 41 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 33 | 32 |
| 16.6° | 12 | 38 | 36 | 35 | 34 | 33 | 32 | 32 | 31 | 30 | 30 |
| 15.3° | 11 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 29 | 28 | 28 |
| 14.0° | 10 | 32 | 31 | 30 | 29 | 28 | 28 | 27 | 26 | 26 | 26 |
| 12.8° | 9 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 24 | 24 | 23 |
| 11.5° | 8 | 26 | 25 | 25 | 24 | 23 | 23 | 22 | 22 | 21 | 21 |
| 10.2° | 7 | 24 | 23 | 22 | 21 | 21 | 20 | 20 | 19 | 19 | 19 |
| 9.0° | 6 | 21 | 20 | 19 | 19 | 18 | 18 | 17 | 17 | 17 | 16 |
| 7.7° | 5 | 18 | 17 | 17 | 16 | 16 | 15 | 15 | 15 | 14 | 14 |
| 6.5° | 4 | 15 | 14 | 14 | 14 | 13 | 13 | 13 | 12 | 12 | 12 |
| 5.2° | 3 | 12 | 12 | 11 | 11 | 11 | 10 | 10 | 10 | 10 | 10 |
| 4.0° | 2 | 9 | 9 | 9 | 8 | 8 | 8 | 8 | 8 | 7 | 7 |
| 2.8° | 1 | 6 | 6 | 6 | 6 | 6 | 5 | 5 | 5 | 5 | 5 |
| 1.3° | F | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 |

Resistance as % of Bodyweight (kgs)