

Thera-Band® Force-Elongation

Page, et al. JOSPT 30(1):A47. 2000.

	Yellow	Red	Green	Blue	Black	Silver	Gold
25%	1.1	1.5	2	2.8	3.6	5	7.9
50%	1.8	2.6	3.2	4.6	6.3	8.5	13.9
75%	2.4	3.3	4.2	5.9	8.1	11.1	18.1
100%	2.9	3.9	5	7.1	9.7	13.2	21.6
125%	3.4	4.4	5.7	8.1	11	15.2	24.6
150%	3.9	4.9	6.5	9.1	12.3	17.1	27.5
175%	4.3	5.4	7.2	10.1	13.5	18.9	30.3
200%	4.8	5.9	7.9	11.1	14.8	21	33.4
225%	5.3	6.4	8.8	12.1	16.2	23	36.6
250%	5.8	7	9.6	13.3	17.6	25.3	40.1

pounds

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	Yellow	Red	Green	Blue	Black	Silver	Gold
25%	0.5	0.7	0.9	1.3	1.6	2.3	3.6
50%	0.8	1.2	1.5	2.1	2.9	3.9	6.3
75%	1.1	1.5	1.9	2.7	3.7	5.0	8.2
100%	1.3	1.8	2.3	3.2	4.4	6.0	9.8
125%	1.5	2.0	2.6	3.7	5.0	6.9	11.2
150%	1.8	2.2	3.0	4.1	5.6	7.8	12.5
175%	2.0	2.5	3.3	4.6	6.1	8.6	13.8
200%	2.2	2.7	3.6	5.0	6.7	9.5	15.2
225%	2.4	2.9	4.0	5.5	7.4	10.5	16.6
250%	2.6	3.2	4.4	6.0	8.0	11.5	18.2

kilograms