

The Resistance for Power Pull Up Bands

Size	Resistance	Best Sell Size
2080*4.5*6.4mm	8-15LBS	
2080*4.5*13mm	20-40LBS	
2080*4.5*22mm	30-60LBS	
2080*4.5*29mm	40-70lbs	
2080*4.5*32mm	45-90LBS	
2080*4.5*45mm	65-130LBS	
2080*4.5*64mm	95-180LBS	
2080*4.5*83mm	180-240LBS	

