

2020-09-08
Physical Therapy

Total Gym® Resistance Chart

How much resistance does the Total Gym create at a particular level?

BODY WEIGHT (LBS.)

LEVEL	SLOPE	50 WT.	60 WT.	70 WT.	80 WT.	90 WT.	100 WT.	110 WT.	120 WT.	130 WT.	140 WT.	150 WT.	160 WT.	170 WT.	180 WT.	190 WT.	200 WT.	210 WT.	220 WT.	230 WT.	240 WT.	250 WT.
12	26.0°	32	36	41	45	50	54	58	63	67	71	76	80	85	89	93	98	102	107	111	115	120
11	23.8°	29	33	38	42	46	50	54	58	62	66	70	74	78	82	86	90	94	98	102	106	110
10	21.8°	27	31	35	38	42	46	49	53	57	61	64	68	72	75	79	83	87	90	94	98	101
9	19.9°	25	28	32	35	38	42	45	49	52	55	59	62	66	69	73	76	79	83	86	90	93
8	18.0°	23	26	29	32	35	38	41	44	47	50	53	57	60	63	66	69	72	75	78	81	84
7	16.2°	20	23	26	29	32	34	37	40	43	45	48	51	54	57	59	62	65	68	71	73	76
6	14.3°	18	21	23	25	28	30	33	35	38	40	43	45	48	50	53	55	58	60	62	65	67
5	12.5°	16	18	20	22	24	27	29	31	33	35	37	40	42	44	46	48	50	53	55	57	59
4	10.6°	13	15	17	19	21	23	24	26	28	30	32	34	36	37	39	41	43	45	47	48	50
3	8.8°	11	13	14	16	17	19	20	22	23	25	26	28	30	31	33	34	36	37	39	40	42
2	7.0°	9	10	11	13	14	15	16	17	19	20	21	22	24	25	26	27	28	30	31	32	33
1	5.2°	7	8	8	9	10	11	12	13	14	15	16	17	17	18	19	20	21	22	23	24	25

HOW IT WORKS: Total Gym uses a variable-angle incline plane to create exercise resistance by modifying your body weight ... the steeper the angle, the more resistance. Down the left side of the chart, you'll see the various resistance levels (1-12) and their corresponding degree of slope. Across the top, you'll find body weight in 10-pound increments. Simply cross reference your body weight with the incline level to determine the amount of resistance (in pounds) created when the Total Gym is in use without the pulley cables attached.

If the pulley cables are used in the exercise, use 50% or $\frac{1}{2}$ of the charted numbers.

EXAMPLE: A 150 lb. person using Level 6 would be lifting 43 lbs. If the pulley cables are used in the exercise, the person would be lifting 21.5 lbs. ($43 \times .5$).