



VASA TRAINER RESISTANCE¹ CHART

(Based on using webbing straps or foot platform. If you use pulley cable system, the resistance will be half of numbers below.)

LEVEL/INCLINE ²	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
ANGLE ³	9.1°	10°	11°	12°	12.5°	13°	13.5°	14°	14.5°	15°	15.5°	16°	17°	17.5°	18°	
↓ resistance equivalent in pounds ↓																
USER BODY WEIGHT (LBS) ⁴	50 lbs	11	12	13	15	15	16	16	17	18	18	19	19	21	21	22
	60	13	14	15	17	17	18	19	19	20	21	21	22	23	24	25
	70	14	16	17	19	20	20	21	22	23	23	24	25	26	27	28
	80	16	17	19	21	22	23	23	24	25	26	27	28	29	30	31
	90	17	19	21	23	24	25	26	27	28	29	29	30	32	33	34
	100	19	21	23	25	26	27	28	29	30	31	32	33	35	36	37
	110	21	23	25	27	28	29	30	31	33	34	35	36	38	39	40
	120	22	24	27	29	30	32	33	34	35	36	37	39	41	42	43
	130	24	26	29	31	33	34	35	36	38	39	40	41	44	45	46
	140	25	28	31	33	35	36	37	39	40	41	43	44	47	48	49
	150	27	30	32	35	37	38	40	41	43	44	45	47	50	51	53
	160	29	31	34	37	39	41	42	44	45	47	48	50	53	54	56
	170	30	33	36	40	41	43	44	46	48	49	51	52	56	57	59
	180	32	35	38	42	43	45	47	48	50	52	53	55	59	60	62
	190	33	37	40	44	45	47	49	51	53	54	56	58	61	63	65
	200	35	38	42	46	48	50	51	53	55	57	59	61	64	66	68
	210	36	40	44	48	50	52	54	56	58	60	62	63	67	69	71
	220	38	42	46	50	52	54	56	58	60	62	64	66	70	72	74
	230	40	43	48	52	54	56	58	61	63	65	67	69	73	75	77
	240	41	45	50	54	56	59	61	63	65	67	70	72	76	78	80
250	43	47	52	56	58	61	63	65	68	70	72	74	79	81	83	
260	44	49	53	58	61	63	65	68	70	73	75	77	82	84	87	
270	46	50	55	60	63	65	68	70	73	75	78	80	85	87	90	
280	47	52	57	62	65	68	70	73	75	78	80	83	88	90	93	
290	49	54	59	64	67	70	72	75	78	80	83	85	91	93	96	
300	51	56	61	67	69	72	75	77	80	83	86	88	94	96	99	

¹Resistance = The force in pounds required to move the seat carriage with padded bench. Numbers above are based on using webbing straps. For pulley cable system, use 50% of the above numbers.

²Level / Incline = Incline or height setting on telescope adjustment tube.

³Angle = The degree of angle at each level / incline setting.

⁴Weight = User's body weight.

NOTE: Using accessories such as stretch cords, power cords and weight bracket will add to the resistance accordingly (see chart below).

- Weight Bracket: add the amount of weight on the weight bracket to your bodyweight, then use that row for the correct resistance.

(Example: 150 lb. individual with 30 lbs. of weights would use the 180 lb. as their "body weight")

- Stretch Cords & Power Cords: Resistance value is relative to the percentage stretched beyond relaxed length. See chart below for resistance ranges.

Resistance equivalent of Stretch Cord and Power Cords through elongation of cord	Stretch Cord	Superlite Powercord (green)	Lite Powercord (red)	Medium Powercord (blue)	Hard Powercord (black)
	5-10 lbs	6-16 lbs	7-23 lbs	9-28 lbs	12-38 lbs



1.800.488.VASA | www.vasatrainer.com