

# aerower® Jumper1



## Strength customization chart / Tabla de resistencias personalizadas










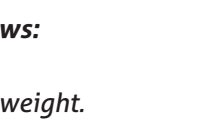

Feel free! Cutting the bands does not affect the warranty of the Jumper1 or the multibands.

¡Siéntete libre! Cortar bandas no afecta a la garantía de las Jumper1 ni de las multibandas.

Patented technologies:

CWR  customized weight resistance

CMS  customizable multiband system

WEIGHT/peso		ARCS	 BANDS cut / cortar	final
20 Kg	50 Pnd	<b>SOFT</b>	-7 	2
40 Kg	90 Pnd	<b>SOFT</b>	-5 	4
50 Kg	110 Pnd	<b>LIGHT</b>	-5 	4
60 Kg	130 Pnd	<b>LIGHT</b>	-3 	6
70 Kg	160 Pnd	<b>LIGHT</b>	- 	9
80 Kg	180 Pnd	<b>HARD</b>	-5 	4
90 Kg	200 Pnd	<b>HARD</b>	-3 	6
100 Kg	220 Pnd	<b>HARD</b>	- 	9
110 Kg	250 Pnd	<b>XTRA HARD</b>	-3 	6
120+ Kg	270+ Pnd	<b>XTRA HARD</b>	- 	9

Your athletic condition also influences the resistance setting, as follows:

- **Beginner** (person who does not train regularly): add nothing.
- **Moderate** (person who trains regularly): add 5 kg / 11 Pnd to your weight.
- **Advanced** (fitness professional): add 10 kg / 22 Pnd to your weight.

Tu condición atlética también influye en el ajuste de la resistencia, del siguiente modo:

- **Principiante** (persona que no entrena habitualmente): no sumar nada.
- **Buena** (persona que entrena regularmente): sumar 5 kg a tu peso.
- **Muy buena** (profesional del fitness): sumar 10 kg a tu peso.