



STRENGTH CUSTOMIZATION AND SIZES CHART TABLA DE RESISTENCIAS PERSONALIZADAS Y TALLAS

us ^m	us ^w	eu	cm	size/talla
2-3	3-4	33-35	21-22	XS
4-5	5-6	36-37	22-24	S
6-7	7-8	38-39	24-27	M
7 ⁵ -9	8 ⁵ -10	40-42	27-29	L
9 ⁵ -11	10 ⁵ -12	43-46	29-30	XL

WEIGHT/peso (kg)	ARCS	BANDS
20-40	SOFT	2 
40-50	SOFT	4 
50-60	LIGHT	4 
60-70	LIGHT	6 
70-80	LIGHT	9 
80-90	HARD	4 
90-100	HARD	6 
100-110	HARD	9 
110-120	XTRA HARD	4 
120-140	XTRA HARD	6 
140-180	XTRA HARD	9 