

aerower® Jumper1

aerower.com/SCC









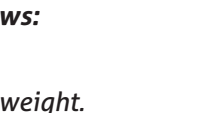


Strength customization chart / Tabla de resistencias personalizadas

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.



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