

RESISTANCE CHARTS ADJUSTABLE GLIDEBOARD – POUNDS (LBS) Weight of Adjustable Glideboard: 37 lbs

RESISTANCE IN POUNDS (LBS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (lbs)									
		100	130	150	180	200	250	300	400	500	650
30.2°	22	68	83	93	108	118	144	169	219	269	345
28.7°	21	65	80	89	104	113	137	161	209	258	330
27.3°	20	62	76	85	99	108	131	154	200	246	315
25.9°	19	59	72	81	94	103	125	147	191	234	300
24.6°	18	56	69	77	90	98	119	139	181	223	285
23.2°	17	53	65	73	85	93	113	132	172	211	270
21.9°	16	51	62	69	80	88	106	125	162	199	255
20.5°	15	48	58	65	76	83	100	118	153	188	240
19.2°	14	45	54	61	71	78	94	110	143	176	226
17.9°	13	42	51	57	66	72	88	103	134	165	211
16.6°	12	39	47	53	62	67	82	96	124	153	196
15.3°	11	36	44	49	57	62	75	89	115	141	181
14.0°	10	33	40	45	52	57	69	81	106	130	166
12.8°	9	30	37	41	48	52	63	74	96	118	151
11.5°	8	27	33	37	43	47	57	67	87	107	136
10.2°	7	24	29	33	38	42	51	60	77	95	122
9.0°	6	21	26	29	34	37	45	52	68	84	107
7.7°	5	18	22	25	29	32	38	45	59	72	92
6.5°	4	15	19	21	24	27	32	38	49	60	77
5.2°	3	12	15	17	20	21	26	31	40	49	63
4.0°	2	9	12	13	15	16	20	23	30	37	48
2.8°	1	7	8	9	10	11	14	16	21	26	33
1.3°	F	3	4	4	5	5	6	7	10	12	15

Resistance as % of Bodyweight (lbs)

RESISTANCE AS % OF BODYWEIGHT (LBS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (lbs)									
		100	130	150	180	200	250	300	400	500	650
30.2°	22	68	64	62	60	59	57	56	55	54	53
28.7°	21	65	61	60	58	57	55	54	52	52	51
27.3°	20	62	58	57	55	54	52	51	50	49	48
25.9°	19	59	56	54	52	52	50	49	48	47	46
24.6°	18	56	53	51	50	49	47	46	45	45	44
23.2°	17	53	50	49	47	46	45	44	43	42	42
21.9°	16	51	47	46	45	44	43	42	41	40	39
20.5°	15	48	45	43	42	41	40	39	38	38	37
19.2°	14	45	42	41	39	39	38	37	36	35	35
17.9°	13	42	39	38	37	36	35	34	33	33	32
16.6°	12	39	36	35	34	34	33	32	31	31	30
15.3°	11	36	34	33	32	31	30	30	29	28	28
14.0°	10	33	31	30	29	29	28	27	26	26	26
12.8°	9	30	28	27	26	26	25	25	24	24	23
11.5°	8	27	25	25	24	23	23	22	22	21	21
10.2°	7	24	23	22	21	21	20	20	19	19	19
9.0°	6	21	20	19	19	18	18	17	17	17	16
7.7°	5	18	17	17	16	16	15	15	15	14	14
6.5°	4	15	14	14	14	13	13	13	12	12	12
5.2°	3	12	12	11	11	11	10	10	10	10	10
4.0°	2	9	9	9	8	8	8	8	8	7	7
2.8°	1	7	6	6	6	6	6	5	5	5	5
1.3°	F	3	3	3	3	3	3	2	2	2	2

Resistance as % of Bodyweight (lbs)