

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
35.5°	26	79	96	108	125	137	166	195	253	311	398
34.1°	25	76	93	104	121	132	160	188	244	300	384
33.1°	24	74	90	101	118	129	156	183	238	292	374
31.6°	23	71	87	97	113	124	150	176	228	281	360
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 in Pounds (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
35.5°	26	79	74	72	70	68	66	65	63	62	61
34.1°	25	76	71	69	67	66	64	63	61	60	59
33.1°	24	74	70	68	65	64	62	61	59	58	58
31.6°	23	71	67	65	63	62	60	59	57	56	55
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)

RESISTANCE CHARTS ADJUSTABLE GLIDEBOARD – KILOGRAMS (KGS) Weight of Adjustable Glideboard: 16.8 kgs

RESISTANCE IN KILOGRAMS (KGS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (kgs)									
		50	60	70	80	100	120	150	180	240	295
35.5°	26	38	44	50	56	67	79	96	114	149	181
34.1°	25	37	43	48	54	65	76	93	110	144	174
33.1°	24	36	42	47	53	63	74	91	107	140	170
31.6°	23	35	40	45	50	61	71	87	103	134	163
30.2°	22	33	38	43	48	58	68	84	99	129	156
28.7°	21	32	37	41	46	56	65	80	94	123	150
27.3°	20	30	35	40	44	53	63	76	90	118	143
25.9°	19	29	33	38	42	51	60	73	86	112	136
24.6°	18	28	32	36	40	48	57	69	82	106	129
23.2°	17	26	30	34	38	46	54	65	77	101	123
21.9°	16	25	28	32	36	43	51	62	73	95	116
20.5°	15	23	27	30	34	41	48	58	69	90	109
19.2°	14	22	25	28	32	38	45	55	65	84	102
17.9°	13	20	23	26	30	36	42	51	60	79	96
16.6°	12	19	22	25	27	33	39	47	56	73	89
15.3°	11	17	20	23	25	31	36	44	52	68	82
14.0°	10	16	18	21	23	28	33	40	48	62	75
12.8°	9	15	17	19	21	26	30	37	43	57	69
11.5°	8	13	15	17	19	23	27	33	39	51	62
10.2°	7	12	14	15	17	21	24	29	35	45	55
9.0°	6	10	12	13	15	18	21	26	31	40	49
7.7°	5	9	10	12	13	16	18	22	26	34	42
6.5°	4	7	9	10	11	13	15	19	22	29	35
5.2°	3	6	7	8	9	11	12	15	18	23	28
4.0°	2	5	5	6	7	8	10	12	14	18	22
2.8°	1	3	4	4	5	6	7	8	9	12	15
1.3°	F	1	2	2	2	3	3	4	4	6	7

Resistance in Kilograms (kgs)

RESISTANCE AS % OF BODYWEIGHT (KGS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (kgs)									
		50	60	70	80	100	120	150	180	240	295
35.5°	26	77	74	71	70	67	66	64	63	62	61
34.1°	25	74	71	69	67	65	64	62	61	60	59
33.1°	24	72	69	67	66	63	62	61	60	58	58
31.6°	23	69	67	65	63	61	60	58	57	56	55
30.2°	22	67	64	62	60	58	57	56	55	54	53
28.7°	21	64	61	59	58	56	55	53	52	51	51
27.3°	20	61	58	57	55	53	52	51	50	49	48
25.9°	19	58	56	54	53	51	50	48	48	47	46
24.6°	18	55	53	51	50	48	47	46	45	44	44
23.2°	17	52	50	49	47	46	45	44	43	42	42
21.9°	16	49	47	46	45	43	42	41	41	40	39
20.5°	15	46	45	43	42	41	40	39	38	37	37
19.2°	14	44	42	41	40	38	37	36	36	35	35
17.9°	13	41	39	38	37	36	35	34	33	33	32
16.6°	12	38	36	35	34	33	32	32	31	30	30
15.3°	11	35	34	33	32	31	30	29	29	28	28
14.0°	10	32	31	30	29	28	28	27	26	26	26
12.8°	9	29	28	27	27	26	25	24	24	24	23
11.5°	8	26	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	6	6	6	6	6	5	5	5	5	5
1.3°	F	3	3	3	3	3	3	2	2	2	2

Resistance as % of Bodyweight (kgs)