

# Total Gym® Resistance Chart (16 Levels)

How much resistance does the Total Gym create at a particular level?

## BODY WEIGHT (LBS.)

| LEVEL | SLOPE | 50 WT. | 60 WT. | 70 WT. | 80 WT. | 90 WT. | 100 WT. | 110 WT. | 120 WT. | 130 WT. | 140 WT. | 150 WT. | 160 WT. | 170 WT. | 180 WT. | 190 WT. | 200 WT. | 210 WT. | 220 WT. | 230 WT. | 240 WT. | 250 WT. | 260 WT. | 270 WT. | 280 WT. | 290 WT. | 300 WT. | 310 WT. | 320 WT. | 330 WT. | 340 WT. | 350 WT. | 360 WT. | 370 WT. | 380 WT. | 390 WT. | 400 WT. | 410 WT. | 420 WT. | 430 WT. | 440 WT. | 450 WT. | 460 WT. | 470 WT. | 480 WT. | 490 WT. | 500 WT. |
|-------|-------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 16    | 25.15 | 34     | 38     | 43     | 47     | 51     | 55      | 60      | 64      | 68      | 72      | 77      | 81      | 85      | 89      | 94      | 98      | 102     | 106     | 111     | 115     | 119     | 123     | 128     | 132     | 136     | 140     | 145     | 149     | 153     | 157     | 162     | 166     | 170     | 174     | 179     | 183     | 187     | 191     | 196     | 200     | 204     | 208     | 213     | 217     | 221     | 225     |
| 15    | 23.82 | 33     | 37     | 41     | 45     | 49     | 53      | 57      | 61      | 65      | 69      | 73      | 77      | 81      | 85      | 89      | 93      | 97      | 101     | 105     | 109     | 113     | 117     | 121     | 125     | 129     | 133     | 138     | 142     | 146     | 150     | 154     | 158     | 162     | 166     | 170     | 174     | 178     | 182     | 186     | 190     | 194     | 198     | 202     | 206     | 210     | 214     |
| 14    | 22.51 | 31     | 35     | 38     | 42     | 46     | 50      | 54      | 58      | 61      | 65      | 69      | 73      | 77      | 81      | 84      | 88      | 92      | 96      | 100     | 104     | 107     | 111     | 115     | 119     | 123     | 127     | 130     | 134     | 138     | 142     | 146     | 150     | 153     | 157     | 161     | 165     | 169     | 172     | 176     | 180     | 184     | 188     | 192     | 195     | 199     | 203     |
| 13    | 21.2  | 29     | 33     | 36     | 40     | 44     | 47      | 51      | 54      | 58      | 62      | 65      | 69      | 73      | 76      | 80      | 83      | 87      | 91      | 94      | 98      | 101     | 105     | 109     | 112     | 116     | 120     | 123     | 127     | 130     | 134     | 138     | 141     | 145     | 148     | 152     | 156     | 159     | 163     | 167     | 170     | 174     | 177     | 181     | 185     | 188     | 192     |
| 12    | 19.91 | 27     | 31     | 34     | 38     | 41     | 44      | 48      | 51      | 55      | 58      | 61      | 65      | 68      | 72      | 75      | 78      | 82      | 85      | 89      | 92      | 96      | 99      | 102     | 106     | 109     | 113     | 116     | 119     | 123     | 126     | 130     | 133     | 136     | 140     | 143     | 147     | 150     | 153     | 157     | 160     | 164     | 167     | 170     | 174     | 177     | 181     |
| 11    | 18.63 | 26     | 29     | 32     | 35     | 38     | 42      | 45      | 48      | 51      | 54      | 58      | 61      | 64      | 67      | 70      | 74      | 77      | 80      | 83      | 86      | 90      | 93      | 96      | 99      | 102     | 106     | 109     | 112     | 115     | 118     | 122     | 125     | 128     | 131     | 134     | 138     | 141     | 144     | 147     | 150     | 153     | 157     | 160     | 163     | 166     | 169     |
| 10    | 17.4  | 24     | 27     | 30     | 33     | 36     | 39      | 42      | 45      | 48      | 51      | 54      | 57      | 60      | 63      | 66      | 69      | 72      | 75      | 78      | 81      | 84      | 87      | 90      | 93      | 96      | 99      | 102     | 105     | 108     | 111     | 114     | 117     | 119     | 122     | 125     | 128     | 131     | 134     | 137     | 140     | 143     | 146     | 149     | 152     | 155     | 158     |
| 9     | 16.1  | 22     | 25     | 28     | 31     | 33     | 36      | 39      | 42      | 45      | 47      | 50      | 53      | 56      | 58      | 61      | 64      | 67      | 69      | 72      | 75      | 78      | 81      | 83      | 86      | 89      | 92      | 94      | 97      | 100     | 103     | 106     | 108     | 111     | 114     | 117     | 119     | 122     | 125     | 128     | 130     | 133     | 136     | 139     | 142     | 144     | 147     |
| 8     | 14.9  | 21     | 23     | 26     | 28     | 31     | 33      | 36      | 39      | 41      | 44      | 46      | 49      | 51      | 54      | 57      | 59      | 62      | 64      | 67      | 69      | 72      | 74      | 77      | 80      | 82      | 85      | 87      | 90      | 92      | 95      | 98      | 100     | 103     | 105     | 108     | 110     | 113     | 115     | 118     | 121     | 123     | 126     | 128     | 131     | 133     | 136     |
| 7     | 13.6  | 19     | 21     | 24     | 26     | 28     | 31      | 33      | 35      | 38      | 40      | 42      | 45      | 47      | 49      | 52      | 54      | 57      | 59      | 61      | 64      | 66      | 68      | 71      | 73      | 75      | 78      | 80      | 82      | 85      | 87      | 89      | 92      | 94      | 97      | 99      | 101     | 104     | 106     | 108     | 111     | 113     | 115     | 118     | 120     | 122     | 125     |
| 6     | 12.4  | 17     | 19     | 22     | 24     | 26     | 28      | 30      | 32      | 34      | 36      | 39      | 41      | 43      | 45      | 47      | 49      | 51      | 54      | 56      | 58      | 60      | 62      | 64      | 66      | 69      | 71      | 73      | 75      | 77      | 79      | 81      | 84      | 86      | 88      | 90      | 92      | 94      | 96      | 99      | 101     | 103     | 105     | 107     | 109     | 111     | 114     |
| 5     | 11.1  | 16     | 17     | 19     | 21     | 23     | 25      | 27      | 29      | 31      | 33      | 35      | 37      | 39      | 41      | 43      | 44      | 46      | 48      | 50      | 52      | 54      | 56      | 58      | 60      | 62      | 64      | 66      | 68      | 70      | 72      | 73      | 75      | 77      | 79      | 81      | 83      | 85      | 87      | 89      | 91      | 93      | 95      | 97      | 99      | 100     | 102     |
| 4     | 9.9   | 14     | 16     | 17     | 19     | 21     | 22      | 24      | 26      | 28      | 29      | 31      | 33      | 34      | 36      | 38      | 40      | 41      | 43      | 45      | 47      | 48      | 50      | 52      | 53      | 55      | 57      | 59      | 60      | 62      | 64      | 65      | 67      | 69      | 71      | 72      | 74      | 76      | 77      | 79      | 81      | 83      | 84      | 86      | 88      | 89      | 91      |
| 3     | 8.7   | 12     | 14     | 15     | 17     | 18     | 20      | 21      | 23      | 24      | 26      | 27      | 29      | 30      | 32      | 33      | 35      | 36      | 38      | 39      | 41      | 42      | 44      | 45      | 47      | 48      | 50      | 51      | 53      | 54      | 56      | 57      | 59      | 60      | 62      | 63      | 65      | 66      | 68      | 69      | 71      | 72      | 74      | 75      | 77      | 78      | 80      |
| 2     | 7.5   | 10     | 12     | 13     | 14     | 16     | 17      | 18      | 20      | 21      | 22      | 23      | 25      | 26      | 27      | 29      | 30      | 31      | 32      | 34      | 35      | 36      | 38      | 39      | 40      | 42      | 43      | 44      | 45      | 47      | 48      | 49      | 51      | 52      | 53      | 55      | 56      | 57      | 58      | 60      | 61      | 62      | 64      | 65      | 66      | 67      | 69      |
| 1     | 6.2   | 9      | 10     | 11     | 12     | 13     | 14      | 15      | 16      | 17      | 19      | 20      | 21      | 22      | 23      | 24      | 25      | 26      | 27      | 28      | 29      | 30      | 32      | 33      | 34      | 35      | 36      | 37      | 38      | 39      | 40      | 41      | 42      | 43      | 45      | 46      | 47      | 48      | 49      | 50      | 51      | 52      | 53      | 54      | 55      | 56      | 58      |

**HOW IT WORKS:** Total Gym uses a variable-angle incline plane to create exercise resistance by modifying your bodyweight... the steeper the angle, the more resistance. Down the left side of the chart, you'll see the various resistance levels (1-16) and their corresponding degree of slope. Across the top, you'll find bodyweight in 10-pound increments. Simply cross reference your bodyweight with the incline level to determine the amount of resistance (in lbs.) created when the Total Gym is in use without the pulley cables attached. If the pulley cables are used in the exercise, use 50% or 1/2 of the charted numbers. **EXAMPLE:** A 250 lb. person using Level 8 would be lifting 72 lbs. If the pulley cables are used in the exercise, the person would be lifting 36 lbs. (72 x .5). All weights listed in chart above are approximate and could vary based on model.