

UPPERTONE

TOTAL ACTUAL RESISTANCE AT VARIOUS WEIGHTS AND TRUCK POSITIONS

Total Weight on Both Trucks in Pounds

(Assuming The Same Weight and Position For Both Trucks)

T R U C K		0	20	40	60	80	90	100	110	120	130
	Min	10.50	11.50	12.50	13.50	14.00	14.50	15.00	15.50	16.00	16.50
	0	11.00	13.50	15.50	18.00	20.00	21.50	22.50	23.50	25.00	26.00
	1	11.50	16.00	20.50	25.00	30.00	32.00	34.50	36.50	39.00	41.00
	2	12.00	19.00	25.50	32.50	39.50	43.00	46.50	49.50	53.00	56.50
	3	12.50	21.50	31.00	40.00	49.00	53.50	58.00	62.50	67.50	72.00
	4	13.00	24.50	36.00	47.50	58.50	64.50	70.00	76.00	81.50	87.00
	5	13.50	27.00	41.00	54.50	68.50	75.00	82.00	89.00	95.50	102.50
	6	14.00	30.00	46.00	62.00	78.00	86.00	94.00	102.00	110.00	118.00
	7	14.50	33.00	51.00	69.50	87.50	96.50	106.00	115.00	124.00	133.00
	8	15.00	35.50	56.00	76.50	97.00	107.50	117.50	128.00	138.00	148.50
	9	15.50	38.50	61.00	84.00	107.00	118.00	129.50	141.00	152.50	164.00
	Max	16.00	41.00	66.00	91.50	116.50	129.00	141.50	154.00	166.50	179.00

N The cells represent the actual resistance (to the nearest quarter pound), for various weights and truck positions on both arms. Actual resistance for intermediate positions and weights can be estimated by interpolation.

UPPERTONE

ACTUAL RESISTANCE ON EACH ARM AT VARIOUS WEIGHTS AND TRUCK POSITIONS

Weight on Left Or Right Arm In Pounds

(Total Resistance = Resistance on Left Arm + Resistance on Right Arm)

T R U C K P O S I T I O N		0	10	20	30	40	54	50	55	60	65
	Min	5.25	5.75	6.25	6.75	7.00	7.25	7.50	7.75	8.00	8.25
	0	5.50	6.75	7.75	9.00	10.00	10.75	11.25	11.75	12.50	13.00
	1	5.75	8.00	10.25	12.50	15.00	16.00	17.25	18.25	19.50	20.50
	2	6.00	9.50	12.75	16.25	19.75	21.50	23.25	24.75	26.50	28.25
	3	6.25	10.75	15.50	20.00	24.50	26.75	29.00	31.25	33.75	36.00
	4	6.50	12.25	18.00	23.75	29.25	32.25	35.00	38.00	40.75	43.50
	5	6.75	13.50	20.50	27.25	34.25	37.50	41.00	44.50	47.75	51.25
	6	7.00	15.00	23.00	31.00	39.00	43.00	47.00	51.00	55.00	59.00
	7	7.25	16.50	25.50	34.75	43.75	48.25	53.00	57.50	62.00	66.50
	8	7.50	17.75	28.00	38.25	48.50	53.75	58.75	64.00	69.00	74.25
	9	7.75	19.25	30.50	42.00	53.50	59.00	64.75	70.50	76.25	82.00
	Max	8.00	20.50	33.00	45.75	58.25	64.50	70.75	77.00	83.25	89.50

N The cells represent the actual resistance (to the nearest quarter pound), for each arm, for various weights and truck positions on either arm.

Actual resistance for intermediate positions and weights can be estimated by interpolation.