

The amount of weight added to your exercise when the chained is lifted to a certain height.

6mm		8mm		10mm		13mm		16mm	
Mass (kg)	Height (cm)	Mass (kg)	Height (cm)	Mass (kg)	Height (cm)	Mass (kg)	Height (cm)	Mass (kg)	Height (cm)
1.8	110	2.7	110	3.8	110	6.6	110	11.1	110
1.9	120	2.9	120	4.2	120	7.4	120	12.0	120
2.1	130	3.2	130	4.6	130	7.9	130	13.1	130
2.2	140	3.4	140	4.8	140	8.4	140	14.2	140
2.4	150	3.6	150	5.2	150	9.0	150	15.3	150

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