



HART Resistance Bands and Tubing Info Sheet

HART Resistance Bands

Band Colour	Loading (kgf)	Extension (mm)	Extension (%)	Stress (kgf/cm2)	Thickness (mm)
Green	11.16	699.84	875	0.21	0.20
Red	13.79	699.94	875	0.26	0.25
Blue	15.14	699.93	875	0.29	0.30
Black	17.26	699.86	875	0.33	0.35

HART Resistance Tubes

Band Colour	Loading (kgf)	Extension (mm)	Extension (%)	Stress (kgf/cm2)	Strain
Green	9.686	800.54	889	274.05	8.89
Red	11.179	800.46	889	167.45	8.89
Blue	11.696	800.35	889	137.89	8.89
Black	14.439	800.47	889	154.49	8.89