

POWER TOWER® RESISTANCE CHART (KGS.)

| Slope Degrees | % | 45 weight | % | 50 weight | % | 55 weight | % | 60 weight | % | 65 weight | % | 70 weight | % | 75 weight | % | 80 weight | % | 85 weight | % | 90 weight |
|---------------|----|-----------|----|-----------|----|-----------|----|-----------|----|-----------|----|-----------|----|-----------|----|-----------|----|-----------|----|-----------|
| 34 | 69 | 31 | 68 | 34 | 67 | 37 | 66 | 40 | 65 | 42 | 65 | 45 | 64 | 48 | 64 | 51 | 63 | 54 | 63 | 56 |
| 33 | 68 | 30 | 66 | 33 | 65 | 36 | 64 | 39 | 64 | 41 | 63 | 44 | 62 | 47 | 62 | 50 | 61 | 52 | 61 | 55 |
| 32 | 66 | 30 | 65 | 32 | 63 | 35 | 63 | 38 | 62 | 40 | 61 | 43 | 61 | 46 | 60 | 48 | 60 | 51 | 59 | 53 |
| 31 | 64 | 29 | 63 | 31 | 62 | 34 | 61 | 37 | 60 | 39 | 60 | 42 | 59 | 44 | 59 | 47 | 58 | 49 | 58 | 52 |
| 30 | 62 | 28 | 61 | 30 | 60 | 33 | 59 | 35 | 58 | 38 | 58 | 40 | 57 | 43 | 57 | 45 | 56 | 48 | 56 | 50 |
| 29 | 60 | 27 | 59 | 30 | 58 | 32 | 57 | 34 | 57 | 37 | 56 | 39 | 56 | 42 | 55 | 44 | 55 | 46 | 54 | 49 |
| 28 | 58 | 26 | 57 | 29 | 56 | 31 | 55 | 33 | 55 | 36 | 54 | 38 | 54 | 40 | 53 | 43 | 53 | 45 | 53 | 47 |
| 27 | 56 | 25 | 55 | 28 | 54 | 30 | 54 | 32 | 53 | 34 | 52 | 37 | 52 | 39 | 52 | 41 | 51 | 44 | 51 | 46 |
| 26 | 54 | 24 | 53 | 27 | 53 | 29 | 52 | 31 | 51 | 33 | 51 | 35 | 50 | 38 | 50 | 40 | 49 | 42 | 49 | 44 |
| 25 | 52 | 24 | 51 | 26 | 51 | 28 | 50 | 30 | 49 | 32 | 49 | 34 | 48 | 36 | 48 | 38 | 48 | 41 | 47 | 43 |
| 24 | 51 | 23 | 50 | 25 | 49 | 27 | 48 | 29 | 47 | 31 | 47 | 33 | 47 | 35 | 46 | 37 | 46 | 39 | 46 | 41 |
| 23 | 49 | 22 | 48 | 24 | 47 | 26 | 46 | 28 | 46 | 30 | 45 | 32 | 45 | 34 | 44 | 36 | 44 | 37 | 44 | 39 |
| 22 | 47 | 21 | 46 | 23 | 45 | 25 | 44 | 27 | 44 | 28 | 43 | 30 | 43 | 32 | 43 | 34 | 42 | 36 | 42 | 38 |
| 21 | 45 | 20 | 44 | 22 | 43 | 24 | 42 | 25 | 42 | 27 | 41 | 29 | 41 | 31 | 41 | 33 | 40 | 34 | 40 | 36 |
| 20 | 42 | 19 | 42 | 21 | 41 | 23 | 40 | 24 | 40 | 26 | 40 | 28 | 39 | 29 | 39 | 31 | 39 | 33 | 38 | 35 |
| 19 | 40 | 18 | 40 | 20 | 39 | 21 | 38 | 23 | 38 | 25 | 38 | 26 | 37 | 28 | 37 | 30 | 37 | 31 | 36 | 33 |
| 18 | 38 | 17 | 38 | 19 | 37 | 20 | 37 | 22 | 36 | 23 | 36 | 25 | 35 | 27 | 35 | 28 | 35 | 30 | 35 | 31 |
| 17 | 36 | 16 | 36 | 18 | 35 | 19 | 35 | 21 | 34 | 22 | 34 | 24 | 33 | 25 | 33 | 27 | 33 | 28 | 33 | 29 |
| 16 | 34 | 15 | 34 | 17 | 33 | 18 | 33 | 20 | 32 | 21 | 32 | 22 | 32 | 24 | 31 | 25 | 31 | 26 | 31 | 28 |
| 15 | 32 | 14 | 32 | 16 | 31 | 17 | 31 | 18 | 30 | 20 | 30 | 21 | 30 | 22 | 29 | 24 | 29 | 25 | 29 | 26 |
| 14 | 30 | 14 | 29 | 15 | 29 | 16 | 29 | 17 | 28 | 18 | 28 | 20 | 28 | 21 | 27 | 22 | 27 | 23 | 27 | 24 |
| 13 | 28 | 13 | 27 | 14 | 27 | 15 | 27 | 16 | 26 | 17 | 26 | 18 | 26 | 19 | 26 | 20 | 25 | 22 | 25 | 23 |
| 12 | 26 | 12 | 25 | 13 | 25 | 14 | 25 | 15 | 24 | 16 | 24 | 17 | 24 | 18 | 24 | 19 | 23 | 20 | 23 | 21 |
| 11 | 24 | 11 | 23 | 12 | 23 | 13 | 23 | 14 | 22 | 14 | 22 | 15 | 22 | 16 | 22 | 17 | 22 | 18 | 21 | 19 |
| 10 | 22 | 10 | 21 | 11 | 21 | 11 | 21 | 12 | 20 | 13 | 20 | 14 | 20 | 15 | 20 | 16 | 20 | 17 | 19 | 18 |
| 9 | 19 | 9 | 19 | 10 | 19 | 10 | 18 | 11 | 18 | 12 | 18 | 13 | 18 | 13 | 18 | 14 | 18 | 15 | 18 | 16 |
| 8 | 17 | 8 | 17 | 8 | 17 | 9 | 16 | 10 | 16 | 11 | 16 | 11 | 16 | 12 | 16 | 13 | 16 | 13 | 16 | 14 |
| 7 | 15 | 7 | 15 | 7 | 15 | 8 | 14 | 9 | 14 | 9 | 14 | 10 | 14 | 10 | 14 | 11 | 14 | 12 | 14 | 12 |
| 6 | 13 | 6 | 13 | 6 | 13 | 7 | 12 | 7 | 12 | 8 | 12 | 8 | 12 | 9 | 12 | 10 | 12 | 10 | 12 | 11 |
| 5 | 11 | 5 | 11 | 5 | 10 | 6 | 10 | 6 | 10 | 7 | 10 | 7 | 10 | 7 | 10 | 8 | 10 | 8 | 10 | 9 |
| 4 | 9 | 4 | 8 | 4 | 8 | 5 | 8 | 5 | 8 | 5 | 8 | 6 | 8 | 6 | 8 | 6 | 8 | 7 | 8 | 7 |

POWER TOWER® RESISTANCE CHART (KGS.)

| Slope Degrees | % | 95 weight | % | 100 weight | % | 105 weight | % | 110 weight | % | 115 weight | % | 120 weight | % | 125 weight | % | 130 weight | % | 135 weight | % | 140 weight |
|---------------|----|-----------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|
| 34 | 62 | 59 | 62 | 62 | 62 | 65 | 61 | 68 | 61 | 70 | 61 | 73 | 61 | 76 | 61 | 79 | 60 | 82 | 60 | 84 |
| 33 | 61 | 58 | 60 | 60 | 60 | 63 | 60 | 66 | 60 | 69 | 59 | 71 | 59 | 74 | 59 | 77 | 59 | 79 | 59 | 82 |
| 32 | 59 | 56 | 59 | 59 | 58 | 61 | 58 | 64 | 58 | 67 | 58 | 69 | 58 | 72 | 57 | 75 | 57 | 77 | 57 | 80 |
| 31 | 57 | 55 | 57 | 57 | 57 | 60 | 57 | 62 | 56 | 65 | 56 | 67 | 56 | 70 | 56 | 73 | 56 | 75 | 56 | 78 |
| 30 | 56 | 53 | 55 | 55 | 55 | 58 | 55 | 60 | 55 | 63 | 55 | 65 | 54 | 68 | 54 | 70 | 54 | 73 | 54 | 75 |
| 29 | 54 | 51 | 54 | 54 | 54 | 56 | 53 | 59 | 53 | 61 | 53 | 63 | 53 | 66 | 53 | 68 | 52 | 71 | 52 | 73 |
| 28 | 52 | 50 | 52 | 52 | 52 | 54 | 52 | 57 | 51 | 59 | 51 | 61 | 51 | 64 | 51 | 66 | 51 | 68 | 51 | 71 |
| 27 | 51 | 48 | 50 | 50 | 50 | 53 | 50 | 55 | 50 | 57 | 50 | 59 | 49 | 62 | 49 | 64 | 49 | 66 | 49 | 69 |
| 26 | 49 | 46 | 49 | 49 | 48 | 51 | 48 | 53 | 48 | 55 | 48 | 57 | 48 | 60 | 48 | 62 | 47 | 64 | 47 | 66 |
| 25 | 47 | 45 | 47 | 47 | 47 | 49 | 46 | 51 | 46 | 53 | 46 | 55 | 46 | 57 | 46 | 60 | 46 | 62 | 46 | 64 |
| 24 | 45 | 43 | 45 | 45 | 45 | 47 | 45 | 49 | 45 | 51 | 44 | 53 | 44 | 55 | 44 | 57 | 44 | 59 | 44 | 61 |
| 23 | 44 | 41 | 43 | 43 | 43 | 45 | 43 | 47 | 43 | 49 | 43 | 51 | 42 | 53 | 42 | 55 | 42 | 57 | 42 | 59 |
| 22 | 42 | 40 | 42 | 42 | 41 | 43 | 41 | 45 | 41 | 47 | 41 | 49 | 41 | 51 | 41 | 53 | 40 | 55 | 40 | 57 |
| 21 | 40 | 38 | 40 | 40 | 40 | 42 | 39 | 43 | 39 | 45 | 39 | 47 | 39 | 49 | 39 | 50 | 39 | 52 | 39 | 54 |
| 20 | 38 | 36 | 38 | 38 | 38 | 40 | 38 | 41 | 37 | 43 | 37 | 45 | 37 | 46 | 37 | 48 | 37 | 50 | 37 | 52 |
| 19 | 36 | 34 | 36 | 36 | 36 | 38 | 36 | 39 | 36 | 41 | 36 | 43 | 35 | 44 | 35 | 46 | 35 | 47 | 35 | 49 |
| 18 | 34 | 33 | 34 | 34 | 34 | 36 | 34 | 37 | 34 | 39 | 34 | 40 | 34 | 42 | 33 | 44 | 33 | 45 | 33 | 47 |
| 17 | 33 | 31 | 32 | 32 | 32 | 34 | 32 | 35 | 32 | 37 | 32 | 38 | 32 | 40 | 32 | 41 | 32 | 43 | 32 | 44 |
| 16 | 31 | 29 | 31 | 31 | 30 | 32 | 30 | 33 | 30 | 35 | 30 | 36 | 30 | 37 | 30 | 39 | 30 | 40 | 30 | 42 |
| 15 | 29 | 27 | 29 | 29 | 29 | 30 | 28 | 31 | 28 | 33 | 28 | 34 | 28 | 35 | 28 | 36 | 28 | 38 | 28 | 39 |
| 14 | 27 | 26 | 27 | 27 | 27 | 28 | 27 | 29 | 26 | 30 | 26 | 32 | 26 | 33 | 26 | 34 | 26 | 35 | 26 | 37 |
| 13 | 25 | 24 | 25 | 25 | 25 | 26 | 25 | 27 | 25 | 28 | 25 | 29 | 24 | 31 | 24 | 32 | 24 | 33 | 24 | 34 |
| 12 | 23 | 22 | 23 | 23 | 23 | 24 | 23 | 25 | 23 | 26 | 23 | 27 | 23 | 28 | 23 | 29 | 22 | 30 | 22 | 31 |
| 11 | 21 | 20 | 21 | 21 | 21 | 22 | 21 | 23 | 21 | 24 | 21 | 25 | 21 | 26 | 21 | 27 | 21 | 28 | 21 | 29 |
| 10 | 19 | 18 | 19 | 19 | 19 | 20 | 19 | 21 | 19 | 22 | 19 | 23 | 19 | 24 | 19 | 24 | 19 | 25 | 19 | 26 |
| 9 | 17 | 17 | 17 | 17 | 17 | 18 | 17 | 19 | 17 | 20 | 17 | 20 | 17 | 21 | 17 | 22 | 17 | 23 | 17 | 24 |
| 8 | 16 | 15 | 15 | 15 | 15 | 16 | 15 | 17 | 15 | 18 | 15 | 18 | 15 | 19 | 15 | 20 | 15 | 20 | 15 | 21 |
| 7 | 14 | 13 | 14 | 14 | 13 | 14 | 13 | 15 | 13 | 15 | 13 | 16 | 13 | 17 | 13 | 17 | 13 | 18 | 13 | 18 |
| 6 | 12 | 11 | 12 | 12 | 12 | 12 | 11 | 13 | 11 | 13 | 11 | 14 | 11 | 14 | 11 | 15 | 11 | 15 | 11 | 16 |
| 5 | 10 | 9 | 10 | 10 | 10 | 10 | 10 | 11 | 10 | 11 | 10 | 11 | 9 | 12 | 9 | 12 | 9 | 13 | 9 | 13 |
| 4 | 8 | 7 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 9 | 8 | 9 | 8 | 9 | 8 | 10 | 8 | 10 | 8 | 11 |

POWER TOWER® RESISTANCE CHART (KGS.)

| Slope Degrees | % | 145 weight | % | 150 weight | % | 155 weight | % | 160 weight | % | 165 weight | % | 170 weight | % | 175 weight | % | 180 weight | % | 185 weight | % | 190 weight |
|---------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|
| 34 | 60 | 87 | 60 | 90 | 60 | 93 | 60 | 96 | 60 | 98 | 60 | 101 | 59 | 104 | 59 | 107 | 59 | 110 | 59 | 112 |
| 33 | 59 | 85 | 58 | 88 | 58 | 90 | 58 | 93 | 58 | 96 | 58 | 99 | 58 | 101 | 58 | 104 | 58 | 107 | 58 | 109 |
| 32 | 57 | 83 | 57 | 85 | 57 | 88 | 57 | 91 | 56 | 93 | 56 | 96 | 56 | 99 | 56 | 101 | 56 | 104 | 56 | 106 |
| 31 | 55 | 80 | 55 | 83 | 55 | 85 | 55 | 88 | 55 | 91 | 55 | 93 | 55 | 96 | 55 | 98 | 55 | 101 | 54 | 103 |
| 30 | 54 | 78 | 54 | 80 | 54 | 83 | 53 | 85 | 53 | 88 | 53 | 90 | 53 | 93 | 53 | 95 | 53 | 98 | 53 | 100 |
| 29 | 52 | 76 | 52 | 78 | 52 | 80 | 52 | 83 | 52 | 85 | 52 | 88 | 51 | 90 | 51 | 93 | 51 | 95 | 51 | 97 |
| 28 | 50 | 73 | 50 | 76 | 50 | 78 | 50 | 80 | 50 | 83 | 50 | 85 | 50 | 87 | 50 | 90 | 50 | 92 | 50 | 94 |
| 27 | 49 | 71 | 49 | 73 | 49 | 75 | 48 | 78 | 48 | 80 | 48 | 82 | 48 | 84 | 48 | 87 | 48 | 89 | 48 | 91 |
| 26 | 47 | 68 | 47 | 71 | 47 | 73 | 47 | 75 | 47 | 77 | 47 | 79 | 47 | 81 | 46 | 84 | 46 | 86 | 46 | 88 |
| 25 | 45 | 66 | 45 | 68 | 45 | 70 | 45 | 72 | 45 | 74 | 45 | 76 | 45 | 79 | 45 | 81 | 45 | 83 | 45 | 85 |
| 24 | 44 | 63 | 44 | 65 | 44 | 67 | 43 | 70 | 43 | 72 | 43 | 74 | 43 | 76 | 43 | 78 | 43 | 80 | 43 | 82 |
| 23 | 42 | 61 | 42 | 63 | 42 | 65 | 42 | 67 | 42 | 69 | 42 | 71 | 42 | 73 | 41 | 75 | 41 | 77 | 41 | 78 |
| 22 | 40 | 58 | 40 | 60 | 40 | 62 | 40 | 64 | 40 | 66 | 40 | 68 | 40 | 70 | 40 | 72 | 40 | 73 | 40 | 75 |
| 21 | 39 | 56 | 38 | 58 | 38 | 59 | 38 | 61 | 38 | 63 | 38 | 65 | 38 | 67 | 38 | 68 | 38 | 70 | 38 | 72 |
| 20 | 37 | 53 | 37 | 55 | 37 | 57 | 37 | 58 | 36 | 60 | 36 | 62 | 36 | 64 | 36 | 65 | 36 | 67 | 36 | 69 |
| 19 | 35 | 51 | 35 | 52 | 35 | 54 | 35 | 56 | 35 | 57 | 35 | 59 | 35 | 61 | 35 | 62 | 34 | 64 | 34 | 65 |
| 18 | 33 | 48 | 33 | 50 | 33 | 51 | 33 | 53 | 33 | 54 | 33 | 56 | 33 | 57 | 33 | 59 | 33 | 61 | 33 | 62 |
| 17 | 31 | 46 | 31 | 47 | 31 | 49 | 31 | 50 | 31 | 51 | 31 | 53 | 31 | 54 | 31 | 56 | 31 | 57 | 31 | 59 |
| 16 | 30 | 43 | 30 | 44 | 29 | 46 | 29 | 47 | 29 | 48 | 29 | 50 | 29 | 51 | 29 | 53 | 29 | 54 | 29 | 55 |
| 15 | 28 | 40 | 28 | 42 | 28 | 43 | 28 | 44 | 28 | 46 | 28 | 47 | 27 | 48 | 27 | 49 | 27 | 51 | 27 | 52 |
| 14 | 26 | 38 | 26 | 39 | 26 | 40 | 26 | 41 | 26 | 43 | 26 | 44 | 26 | 45 | 26 | 46 | 26 | 47 | 26 | 49 |
| 13 | 24 | 35 | 24 | 36 | 24 | 37 | 24 | 38 | 24 | 40 | 24 | 41 | 24 | 42 | 24 | 43 | 24 | 44 | 24 | 45 |
| 12 | 22 | 32 | 22 | 33 | 22 | 34 | 22 | 36 | 22 | 37 | 22 | 38 | 22 | 39 | 22 | 40 | 22 | 41 | 22 | 42 |
| 11 | 21 | 30 | 20 | 31 | 20 | 32 | 20 | 33 | 20 | 34 | 20 | 35 | 20 | 35 | 20 | 36 | 20 | 37 | 20 | 38 |
| 10 | 19 | 27 | 19 | 28 | 19 | 29 | 19 | 30 | 19 | 31 | 18 | 31 | 18 | 32 | 18 | 33 | 18 | 34 | 18 | 35 |
| 9 | 17 | 24 | 17 | 25 | 17 | 26 | 17 | 27 | 17 | 28 | 17 | 28 | 17 | 29 | 17 | 30 | 17 | 31 | 17 | 31 |
| 8 | 15 | 22 | 15 | 22 | 15 | 23 | 15 | 24 | 15 | 24 | 15 | 25 | 15 | 26 | 15 | 27 | 15 | 27 | 15 | 28 |
| 7 | 13 | 19 | 13 | 20 | 13 | 20 | 13 | 21 | 13 | 21 | 13 | 22 | 13 | 23 | 13 | 23 | 13 | 24 | 13 | 24 |
| 6 | 11 | 16 | 11 | 17 | 11 | 17 | 11 | 18 | 11 | 18 | 11 | 19 | 11 | 19 | 11 | 20 | 11 | 20 | 11 | 21 |
| 5 | 9 | 14 | 9 | 14 | 9 | 14 | 9 | 15 | 9 | 15 | 9 | 16 | 9 | 16 | 9 | 17 | 9 | 17 | 9 | 18 |
| 4 | 7 | 11 | 7 | 11 | 7 | 12 | 7 | 12 | 7 | 12 | 7 | 13 | 7 | 13 | 7 | 13 | 7 | 14 | 7 | 14 |

POWER TOWER® RESISTANCE CHART (KGS.)

| Slope Degrees | % | 195 weight | % | 200 weight | % | 205 weight | % | 210 weight | % | 215 weight | % | 220 weight | % | 225 weight | % | 230 weight | % | 235 weight | % | 240 weight |
|---------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|
| 34 | 59 | 115 | 59 | 118 | 59 | 121 | 59 | 124 | 59 | 126 | 59 | 129 | 59 | 132 | 59 | 135 | 59 | 137 | 58 | 140 |
| 33 | 58 | 112 | 57 | 115 | 57 | 118 | 57 | 120 | 57 | 123 | 57 | 126 | 57 | 128 | 57 | 131 | 57 | 134 | 57 | 137 |
| 32 | 56 | 109 | 56 | 112 | 56 | 114 | 56 | 117 | 56 | 120 | 56 | 122 | 56 | 125 | 56 | 128 | 55 | 130 | 55 | 133 |
| 31 | 54 | 106 | 54 | 109 | 54 | 111 | 54 | 114 | 54 | 116 | 54 | 119 | 54 | 121 | 54 | 124 | 54 | 127 | 54 | 129 |
| 30 | 53 | 103 | 53 | 105 | 53 | 108 | 53 | 110 | 53 | 113 | 52 | 115 | 52 | 118 | 52 | 120 | 52 | 123 | 52 | 125 |
| 29 | 51 | 100 | 51 | 102 | 51 | 105 | 51 | 107 | 51 | 110 | 51 | 112 | 51 | 114 | 51 | 117 | 51 | 119 | 51 | 122 |
| 28 | 50 | 97 | 50 | 99 | 49 | 101 | 49 | 104 | 49 | 106 | 49 | 108 | 49 | 111 | 49 | 113 | 49 | 115 | 49 | 118 |
| 27 | 48 | 93 | 48 | 96 | 48 | 98 | 48 | 100 | 48 | 103 | 48 | 105 | 48 | 107 | 48 | 109 | 48 | 112 | 47 | 114 |
| 26 | 46 | 90 | 46 | 92 | 46 | 95 | 46 | 97 | 46 | 99 | 46 | 101 | 46 | 103 | 46 | 106 | 46 | 108 | 46 | 110 |
| 25 | 45 | 87 | 45 | 89 | 45 | 91 | 44 | 93 | 44 | 95 | 44 | 98 | 44 | 100 | 44 | 102 | 44 | 104 | 44 | 106 |
| 24 | 43 | 84 | 43 | 86 | 43 | 88 | 43 | 90 | 43 | 92 | 43 | 94 | 43 | 96 | 43 | 98 | 43 | 100 | 43 | 102 |
| 23 | 41 | 80 | 41 | 82 | 41 | 84 | 41 | 86 | 41 | 88 | 41 | 90 | 41 | 92 | 41 | 94 | 41 | 96 | 41 | 98 |
| 22 | 40 | 77 | 39 | 79 | 39 | 81 | 39 | 83 | 39 | 85 | 39 | 86 | 39 | 88 | 39 | 90 | 39 | 92 | 39 | 94 |
| 21 | 38 | 74 | 38 | 76 | 38 | 77 | 38 | 79 | 38 | 81 | 38 | 83 | 38 | 85 | 38 | 86 | 37 | 88 | 37 | 90 |
| 20 | 36 | 70 | 36 | 72 | 36 | 74 | 36 | 76 | 36 | 77 | 36 | 79 | 36 | 81 | 36 | 82 | 36 | 84 | 36 | 86 |
| 19 | 34 | 67 | 34 | 69 | 34 | 70 | 34 | 72 | 34 | 74 | 34 | 75 | 34 | 77 | 34 | 78 | 34 | 80 | 34 | 82 |
| 18 | 33 | 64 | 33 | 65 | 33 | 67 | 33 | 68 | 32 | 70 | 32 | 71 | 32 | 73 | 32 | 74 | 32 | 76 | 32 | 78 |
| 17 | 31 | 60 | 31 | 62 | 31 | 63 | 31 | 65 | 31 | 66 | 31 | 68 | 31 | 69 | 31 | 70 | 31 | 72 | 31 | 73 |
| 16 | 29 | 57 | 29 | 58 | 29 | 60 | 29 | 61 | 29 | 62 | 29 | 64 | 29 | 65 | 29 | 66 | 29 | 68 | 29 | 69 |
| 15 | 27 | 53 | 27 | 55 | 27 | 56 | 27 | 57 | 27 | 58 | 27 | 60 | 27 | 61 | 27 | 62 | 27 | 64 | 27 | 65 |
| 14 | 26 | 50 | 26 | 51 | 25 | 52 | 25 | 53 | 25 | 55 | 25 | 56 | 25 | 57 | 25 | 58 | 25 | 59 | 25 | 61 |
| 13 | 24 | 46 | 24 | 47 | 24 | 49 | 24 | 50 | 24 | 51 | 24 | 52 | 24 | 53 | 24 | 54 | 24 | 55 | 24 | 56 |
| 12 | 22 | 43 | 22 | 44 | 22 | 45 | 22 | 46 | 22 | 47 | 22 | 48 | 22 | 49 | 22 | 50 | 22 | 51 | 22 | 52 |
| 11 | 20 | 39 | 20 | 40 | 20 | 41 | 20 | 42 | 20 | 43 | 20 | 44 | 20 | 45 | 20 | 46 | 20 | 47 | 20 | 48 |
| 10 | 18 | 36 | 18 | 37 | 18 | 37 | 18 | 38 | 18 | 39 | 18 | 40 | 18 | 41 | 18 | 42 | 18 | 43 | 18 | 44 |
| 9 | 17 | 32 | 16 | 33 | 16 | 34 | 16 | 35 | 16 | 35 | 16 | 36 | 16 | 37 | 16 | 38 | 16 | 38 | 16 | 39 |
| 8 | 15 | 29 | 15 | 29 | 15 | 30 | 15 | 31 | 15 | 31 | 15 | 32 | 15 | 33 | 15 | 34 | 15 | 34 | 15 | 35 |
| 7 | 13 | 25 | 13 | 26 | 13 | 26 | 13 | 27 | 13 | 28 | 13 | 28 | 13 | 29 | 13 | 29 | 13 | 30 | 13 | 31 |
| 6 | 11 | 22 | 11 | 22 | 11 | 23 | 11 | 23 | 11 | 24 | 11 | 24 | 11 | 25 | 11 | 25 | 11 | 26 | 11 | 26 |
| 5 | 9 | 18 | 9 | 18 | 9 | 19 | 9 | 19 | 9 | 20 | 9 | 20 | 9 | 21 | 9 | 21 | 9 | 21 | 9 | 22 |
| 4 | 7 | 14 | 7 | 15 | 7 | 15 | 7 | 15 | 7 | 16 | 7 | 16 | 7 | 16 | 7 | 17 | 7 | 17 | 7 | 18 |

POWER TOWER® RESISTANCE CHART (KGS.)

| Slope Degrees | % | 245 weight | % | 250 weight | % | 255 weight | % | 260 weight | % | 265 weight | % | 270 weight | % | 275 weight | % | 280 weight | % | 285 weight | % | 295 weight |
|---------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|----|------------|
| 34 | 58 | 143 | 58 | 146 | 58 | 149 | 58 | 151 | 58 | 154 | 58 | 157 | 58 | 160 | 58 | 163 | 58 | 165 | 58 | 171 |
| 33 | 57 | 139 | 57 | 142 | 57 | 145 | 57 | 148 | 57 | 150 | 57 | 153 | 57 | 156 | 57 | 158 | 57 | 161 | 57 | 167 |
| 32 | 55 | 136 | 55 | 138 | 55 | 141 | 55 | 144 | 55 | 146 | 55 | 149 | 55 | 151 | 55 | 154 | 55 | 157 | 55 | 162 |
| 31 | 54 | 132 | 54 | 134 | 54 | 137 | 54 | 140 | 54 | 142 | 54 | 145 | 54 | 147 | 54 | 150 | 53 | 152 | 53 | 158 |
| 30 | 52 | 128 | 52 | 130 | 52 | 133 | 52 | 135 | 52 | 138 | 52 | 140 | 52 | 143 | 52 | 145 | 52 | 148 | 52 | 153 |
| 29 | 51 | 124 | 51 | 126 | 51 | 129 | 51 | 131 | 50 | 134 | 50 | 136 | 50 | 139 | 50 | 141 | 50 | 143 | 50 | 148 |
| 28 | 49 | 120 | 49 | 122 | 49 | 125 | 49 | 127 | 49 | 130 | 49 | 132 | 49 | 134 | 49 | 137 | 49 | 139 | 49 | 144 |
| 27 | 47 | 116 | 47 | 118 | 47 | 121 | 47 | 123 | 47 | 125 | 47 | 128 | 47 | 130 | 47 | 132 | 47 | 134 | 47 | 139 |
| 26 | 46 | 112 | 46 | 114 | 46 | 117 | 46 | 119 | 46 | 121 | 46 | 123 | 46 | 125 | 46 | 128 | 46 | 130 | 45 | 134 |
| 25 | 44 | 108 | 44 | 110 | 44 | 112 | 44 | 114 | 44 | 117 | 44 | 119 | 44 | 121 | 44 | 123 | 44 | 125 | 44 | 129 |
| 24 | 42 | 104 | 42 | 106 | 42 | 108 | 42 | 110 | 42 | 112 | 42 | 114 | 42 | 116 | 42 | 118 | 42 | 120 | 42 | 124 |
| 23 | 41 | 100 | 41 | 102 | 41 | 104 | 41 | 106 | 41 | 108 | 41 | 110 | 41 | 112 | 41 | 114 | 41 | 116 | 41 | 120 |
| 22 | 39 | 96 | 39 | 98 | 39 | 100 | 39 | 101 | 39 | 103 | 39 | 105 | 39 | 107 | 39 | 109 | 39 | 111 | 39 | 115 |
| 21 | 37 | 92 | 37 | 93 | 37 | 95 | 37 | 97 | 37 | 99 | 37 | 101 | 37 | 102 | 37 | 104 | 37 | 106 | 37 | 110 |
| 20 | 36 | 88 | 36 | 89 | 36 | 91 | 36 | 93 | 36 | 94 | 36 | 96 | 36 | 98 | 36 | 99 | 36 | 101 | 35 | 105 |
| 19 | 34 | 83 | 34 | 85 | 34 | 87 | 34 | 88 | 34 | 90 | 34 | 91 | 34 | 93 | 34 | 95 | 34 | 96 | 34 | 100 |
| 18 | 32 | 79 | 32 | 81 | 32 | 82 | 32 | 84 | 32 | 85 | 32 | 87 | 32 | 88 | 32 | 90 | 32 | 91 | 32 | 95 |
| 17 | 31 | 75 | 31 | 76 | 30 | 78 | 30 | 79 | 30 | 81 | 30 | 82 | 30 | 84 | 30 | 85 | 30 | 87 | 30 | 89 |
| 16 | 29 | 71 | 29 | 72 | 29 | 73 | 29 | 75 | 29 | 76 | 29 | 77 | 29 | 79 | 29 | 80 | 29 | 82 | 29 | 84 |
| 15 | 27 | 66 | 27 | 68 | 27 | 69 | 27 | 70 | 27 | 71 | 27 | 73 | 27 | 74 | 27 | 75 | 27 | 77 | 27 | 79 |
| 14 | 25 | 62 | 25 | 63 | 25 | 64 | 25 | 66 | 25 | 67 | 25 | 68 | 25 | 69 | 25 | 70 | 25 | 72 | 25 | 74 |
| 13 | 23 | 58 | 23 | 59 | 23 | 60 | 23 | 61 | 23 | 62 | 23 | 63 | 23 | 64 | 23 | 65 | 23 | 67 | 23 | 69 |
| 12 | 22 | 53 | 22 | 54 | 22 | 55 | 22 | 56 | 22 | 57 | 22 | 58 | 22 | 59 | 22 | 60 | 22 | 62 | 22 | 64 |
| 11 | 20 | 49 | 20 | 50 | 20 | 51 | 20 | 52 | 20 | 53 | 20 | 54 | 20 | 55 | 20 | 56 | 20 | 56 | 20 | 58 |
| 10 | 18 | 44 | 18 | 45 | 18 | 46 | 18 | 47 | 18 | 48 | 18 | 49 | 18 | 50 | 18 | 51 | 18 | 51 | 18 | 53 |
| 9 | 16 | 40 | 16 | 41 | 16 | 42 | 16 | 42 | 16 | 43 | 16 | 44 | 16 | 45 | 16 | 46 | 16 | 46 | 16 | 48 |
| 8 | 15 | 36 | 15 | 36 | 15 | 37 | 15 | 38 | 14 | 38 | 14 | 39 | 14 | 40 | 14 | 40 | 14 | 41 | 14 | 43 |
| 7 | 13 | 31 | 13 | 32 | 13 | 32 | 13 | 33 | 13 | 34 | 13 | 34 | 13 | 35 | 13 | 35 | 13 | 36 | 13 | 37 |
| 6 | 11 | 27 | 11 | 27 | 11 | 28 | 11 | 28 | 11 | 29 | 11 | 29 | 11 | 30 | 11 | 30 | 11 | 31 | 11 | 32 |
| 5 | 9 | 22 | 9 | 23 | 9 | 23 | 9 | 24 | 9 | 24 | 9 | 24 | 9 | 25 | 9 | 25 | 9 | 26 | 9 | 27 |
| 4 | 7 | 18 | 7 | 18 | 7 | 19 | 7 | 19 | 7 | 19 | 7 | 20 | 7 | 20 | 7 | 20 | 7 | 21 | 7 | 21 |