

Which Resistance Level is for You?

		Any breathing problems?			
How much do you exercise?		No Breathing Issues		Minor / Moderate Breathing Condition	
				Severe Breathing Condition	
Less than 2.5 hours per week	▶	Light		Medic	Light
More than 2.5 hours per week	▶	Light	Medium	Light	Medic
Training at Very high intensity training for over 2 hours per day	▶	Medium		Light	Light

Still unsure? Most people will suit a Light Resistance.

Heavy Resistance is only recommended for people who have reached the highest level on a Medium device