



LAT PULLDOWN	
Load = (Weight x 0.932) + 7	
Weight	Load
[kg]	[kg]
0	7.0
5	11.7
10	16.3
15	21.0
20	25.6
25	30.3
30	35.0
35	39.6
40	44.3
45	48.9
50	53.6
55	58.3
60	62.9
65	67.6
70	72.2
75	76.9
80	81.6
85	86.2
90	90.9
95	95.5
100	100.2

CABLE CROSSOVER	
Load = (Weight / 2) + 1.8	
Weight	Load
[kg]	[kg]
0	1.8
5	4.3
10	6.8
15	9.3
20	11.8
25	14.3
30	16.8
35	19.3
40	21.8
45	24.3
50	26.8
55	29.3
60	31.8
65	34.3
70	36.8
75	39.3
80	41.8
85	44.3
90	46.8
95	49.3
100	51.8

LEG PRESS			
Load = (Weight x 0.707) + 30			
Weight	Load	Weight	Load
[kg]	[kg]	[kg]	[kg]
0	30.0		
10	37.1	210	178.5
20	44.1	220	185.5
30	51.2	230	192.6
40	58.3	240	199.7
50	65.4	250	206.8
60	72.4	260	213.8
70	79.5	270	220.9
80	86.6	280	228.0
90	93.6	290	235.0
100	100.7	300	242.1
110	107.8	310	249.2
120	114.8	320	256.2
130	121.9	330	263.3
140	129.0	340	270.4
150	136.1	350	277.5
160	143.1	360	284.5
170	150.2	370	291.6
180	157.3	380	298.7
190	164.3	390	305.7
200	171.4	400	312.8