PRESTIGE Resistance Detail

Linear Patterns

Product Number	*Machine*	*Measured Starting Weight (lbs.)*	*Measured Starting Weight (kg)*	*Effective Resistance Ratio*	*Stack Size (lb)*	*Stack Size (kg)*	*Total Generated Load (lb)*	*Total Generated Load (kg)*
21000	**Chest Press**	25	11.4	80%	305	139	261	119
21010	**Overhead Press**	18	8.2	85%	205	93	184	84
21020	**Pulldown**	16	7.3	80%	305	139	252	115
21030	**Row**	12	5.5	75%	305	139	233	106
21180	**Triceps Press**	15	6.8	140%	205	93	288	131
21040	**Leg Press**	20	9.1	128%	505	230	654	297
21090	**Ab**	9	4.1	74%	305	139	229	104
21230	**Dip Chin Assist**	Per Placard and Weight stack decal						
21170	**Glute**	14	6.4	40%	205	93	92	42
21120	**Calf**	40	18.2	121%	405	184	518	235

Note: For Chest Press; Overhead Press, Row and Pulldown resistance is total. Resistance per arm is one half

Rotary Patterns

Product Number	*Machine*	*Measured Starting Torque (lb-ft)*	*Measured Starting Torque (N-M)*	*Effective Resistance Ratio*	*Stack Size (lb)*	*Stack Size (kg)*	*Maximum Generated Torque (lb-ft)*	*Maximum Generated Torque (N-M)*	
21070	**Arm Curl**	10	13.6	65%	205	93	137	185	
21080	**Arm Extension**	9	12.2	65%	205	93	136	184	
21110	**Fly / Rear Delt**	3	4.1	31%	305	139	94	128	Per Arm
12160	**Lateral Raise**	3	4.1	28%	205	93	58	78	Per Arm
21050/51/52	**Leg Extension**	4.5	6.1	96%	305	139	287	389	
21060/61/62	**Seated Leg Curl**	6.75	9.2	96%	205	93	194	263	
21140/41/42	**Prone Leg Curl**	7	9.5	96%	205	93	194	263	
21200	**Hip Ad**	7	9.5	40%	205	93	46	62	
21210	**Hip Ab**	7	9.5	40%	205	93	46	62	
21100/01/02	**Back Extension**	6.75	9.2	96%	305	139	289	392	
21190	**Torso**	7	9.5	38%	205	93	80	109	

Terms
Measured Starting Weight – Represents the maximum load that is felt when a user exercises with the top plate only. Takes into consideration any additional load provided by the weight of the input arm (handle). Weight is measured in lbs. and is representative of linear patterns only.
Effective Resistance Ratio - The "weight" that the user may experience expressed as a percentage of the labeled plate weight. The instant and average resistance rations may be significantly lower based a broad array of variables.
Total Generated Load (TGL) – Represents the total load experienced by the user including any effects for the input/drive system
Measured Starting Torque – Represents the load that is felt when a user exercises with the top plate only. Takes into consideration any additional load provided by the weight of the input arm (handle). Torque is measured if ft-lbs. and is representative of rotary patterns only.
Maximum Generated Torque (MGT) – Represents the maximum load felt with each additional weight plate; per plate and as a whole weight stack.

Note: Weight stack size listed is for the HEAVY weight stack option