






# aerower® Jumper1

aerower.com/SCSC



## STRENGTH CUSTOMIZATION AND SIZES CHART TABLA DE RESISTENCIAS PERSONALIZADAS Y TALLAS

us <sup>m</sup>	us <sup>w</sup>	eu	cm	size/talla
2-3	3-4	33-35	21-22	<b>XS</b>
4-5	5-6	36-37	22-24	<b>S</b>
6-7	7-8	38-39	24-27	<b>M</b>
7.5-9	8.5-10	40-42	27-29	<b>L</b>
9.5-11	10.5-12	42.5-46	29-30	<b>XL</b>

WEIGHT/peso (kg)	ARCS	BANDS
20-40	<b>S</b>	2 
40-50	<b>S</b>	4 
50-60	<b>L</b>	4 
60-70	<b>L</b>	6 
70-80	<b>L</b>	9 
80-90	<b>H</b>	4 
90-100	<b>H</b>	6 
100-110	<b>H</b>	9 
110-120	<b>XH</b>	4 
120-140	<b>XH</b>	6 
140-160	<b>XH</b>	9 