

THERABAND® Color Progression

		Resistance in Pounds at:
TheraBand® CLX/Band/Tubing Color	Increase from Preceding Color at 100% at Elongation	100% Elongation
TheraBand Tan	-	2.4
TheraBand Yellow	25%	3.0
TheraBand Red	25%	3.7
TheraBand Green	25%	4.6
TheraBand Blue	25%	5.8
TheraBand Black	25%	7.3
TheraBand Silver	40%	10.2
TheraBand Gold	40%	14.2

BEGINNER
↓
ADVANCED

Represents typical values. All products not available in all colors.