

Thera-Band® Color Progression

Thera-Band® Band/Tubing Color	Increase from Preceding Color at 100% Elongation	Resistance in Pounds at:	
		100% Elongation	200% Elongation
Thera-Band Tan	-	2.4	3.4
Thera-Band Yellow	25%	3.0	4.3
Thera-Band Red	25%	3.7	5.5
Thera-Band Green	25%	4.6	6.7
Thera-Band Blue	25%	5.8	8.6
Thera-Band Black	25%	7.3	10.2
Thera-Band Silver	40%	10.2	15.3
Thera-Band Gold	40%	14.2	21.3

BEGINNER
↓
ADVANCED

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