

CrossTrainer

Front:

|                    |              |
|--------------------|--------------|
| .76 kg AB-12043-76 | 125-144 lbs. |
| .78 kg AB-12043-78 | 145-164 lbs  |
| .80 kg AB-12043-80 | 165-175 lbs  |
| .82 kg AB-12043-82 | 176-190 lbs  |
| .84 kg AB-12043-84 | 191-210 lbs  |
| .86 kg AB-12043-86 | 211-230 lbs  |
| .88 kg AB-12043-88 | 231-250 lbs  |
| .90 kg AB-12043-90 | 251-270 lbs  |
| .92 kg AB-12043-92 | 271-280 lbs  |

Rear:

|                    |              |
|--------------------|--------------|
| 4.8 kg AB-10145-48 | 125-144 lbs. |
| 5.0 kg AB-10145-50 | 145-164 lbs  |
| 5.2 kg AB-10145-52 | 165-175 lbs  |
| 5.4 kg AB-10145-54 | 176-190 lbs  |
| 5.6 kg AB-10145-56 | 191-210 lbs  |
| 5.8 kg AB-10145-58 | 211-230 lbs  |
| 6.0 kg AB-10145-60 | 231-250 lbs  |
| 6.2 kg AB-10145-62 | 251-270 lbs  |
| 6.4 kg AB-10145-64 | 271-280 lbs  |

denotes stock spring