

Level From Bottom	Letter	Angle in degrees	Body weight resistance in percentage	
			Direct	Pulley
1	I-	0.0		
2	I+	2.7	4.7	2.3
3	i-	5.4	9.4	4.7
4	i+	8.1	14.1	7.1
5	a-	10.8	18.8	9.4
6	a+	13.6	23.5	11.7
7	R-	16.4	28.3	14.1
8	R+	19.2	32.9	16.5
9	y-	22.1	37.6	18.8
10	y+	26.1	43.9	22.0
11	d-	28.1	47.1	23.5
12	d+	31.3	51.9	25.9
13	o-	34.4	56.6	28.3
14	o+	37.8	61.3	30.7
15	B-	41.5	66.3	33.1
16	B+	45.0	70.7	35.4
17	E-	49.1	75.6	37.8
18	E+	53.7	80.6	40.3
19	U-	58.6	85.3	42.7
20	U+	64.7	90.4	45.2