

# Morin Trainer 2012-2013

Comparative table in order to use the correct Thera-Band color to train adequately with your Morin Trainer

<b>Compound bow</b>				
<b>Draw weight</b>	<b>Holding weight (at let off)</b>			<b>Elastic required</b>
<b>In pound</b>	<b>65%</b>	<b>75%</b>	<b>80%</b>	<b>Thera-Band Color</b>
10 - 30 lbs	From 4 lbs up to 10 lbs			<b>Green</b>
30 - 50 lbs	From 8 lbs up to 17 lbs			<b>Blue</b>
50 - 60 lbs	21 lbs	15 lbs	12 lbs	<b>Blue or Black</b>
60 - 70 lbs	24. <sup>5</sup> lbs	17. <sup>5</sup> lbs	14 lbs	<b>Black or Silver</b>
70 - 80 lbs	28 lbs	20 lbs	16 lbs	<b>Silver</b>

<b>Color corresponding to the holding weight</b>	
<b>Color</b>	<b>Poundage</b>
<b>Green</b>	<b>10 lbs</b>
<b>Blue</b>	<b>16 lbs</b>
<b>Black</b>	<b>22 lbs</b>
<b>Silver</b>	<b>28 lbs</b>

<b>Recurve Bow (with wall)</b>	
<b>Bow weight</b>	<b>Thera-Band Color</b>
10 - 20 lbs	<b>Green</b>
20 - 30 lbs	<b>Green or Blue</b>
30 - 40 lbs	<b>Blue or Black</b>
40 - 50 lbs	<b>Black or Silver</b>
50 + lbs	<b>Silver</b>