

# Spring Resistance Chart



**To calculate a springs resistance across a known distance,**  
add the initial tension in lbs to the rate in lb per inch of extension

For example, a 100% spring extended 12 inches will have the following total resistance:  
 $6.0 + (1.25 \times 12) = 21$  pounds of total resistance for a 100% spring.

For all Merrithew™ Reformers the maximum carriage travel in position 1 / 1 is 43".

Spring Type	Initial tension in lb.	Rate in lb per inch of extension	Color
Reformer Spring - 25%	2.25-3.25 lbs	.311 lbs/in. +/- 5%	White
Reformer Spring - 50%	3.0-4.0 lb	.625 lbs/in. +/- 5%	Blue
Reformer Spring - 100%	6.0-7.5 lbs	1.25 lbs/in. +/- 5%	Red
Reformer Spring - 125%	7.0-11 lbs	1.56 lbs/in. +/- 5%	Black
Arm Spring	2.2-3.2 lb	.378 lbs/in. +/- 10%	Yellow
Leg Spring	3.4-4.5 lb	.625 lbs/in. +/- 5%	White
Leg Spring - Enhanced	3.0-4.0 lb	.625 lbs/in. +/- 5%	Green
Roll Down Spring	2.9-3.9 lb	.495 lbs/in. +/- 10%	Black
Push-Thru / Light Chair Spring	5.5-7.5 lbs	1.157 lbs/in. +/- 10%	Blue
Trapeze / Heavy Chair Spring	14.75+/-1.5 lbs.	3.888 lbc/in. +/-5%	Red

For more info, contact **Customer Service**

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