

**K3 ACTIVITY LEVELS****Impact Levels****User Weight****Low****Medium****High****99-115 lbs (45-52 kg)**

2

2

2

**116-130 lbs (53-58 kg)**

2

2

3

**131-150 lbs (59-68 kg)**

2

3

4

**151-170 lbs (69-77 kg)**

3

4

5

**171-194 lbs (78-88 kg)**

4

5

6

**195-221 lbs (89-100 kg)**

5

6

7

**222-256 lbs (101-116 kg)**

6

7

8

**257-287 lbs (117-130 kg)**

7

8

9

**288-324 lbs (131-147 kg)**

8

9

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**325-365 lbs (148-165 kg)**

9

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