

10'0"-		ALL LENGTH UNIVERSAL POLE RESISTANCE CHART																							R#														
R#	10'5"	NF#	www.FiberSport Poles.com																				R#																
1	10' 60		NOTE: A single resistance number will increase the stiffness 5 lbs.!																				1																
2	10' 65		Most Needed 24 Poles for a Club or School Highlighted in Bold GREEN																				2																
3	10' 70	=	10'6"-																				3																
4	10' 75	=	10'6 60	NF# IS A MID-FLEX #-USED TO MATCH WHAT YOU HAVE IN INVENTORY																			4																
5	10' 80	=	10'6 70	A SMALLER NUMBER IS STIFFER & A LARGER NUMBER IS SOFTER																			5																
6	10' 85	=	10'6 75	11'0"-	NOW CAN COMPARE THE FLEX OF A SHORTER POLE TO SEE THE EQUAL TO A LONGER																			6															
7	10' 90	=	10'6 80	11'5"	POLE, A STEP UP IS THE NEXT POLE PROGRESSION. RECOMMENDED AT LEAST JUMPING																			7															
8	10' 95	=	10'6 85	=	11' 70	OVER YOUR HANDHOLD & THE NEXT POLE AT MIN.10LBS OVER YOUR																			8														
9	10' 100	19.0	7.5	10'6 90	=	11' 75	WEIGHT.																			9													
10	10' 105	=	10'6 95	=	11' 80	11'6"-	NF#																			10													
11	10' 110	=	10'6 100	20.8	8.2	11' 85	11'6 80																				11												
12	10' 115	=	10'6 105	=	11' 90	=	11'6 85	12'0"-	BEST RESULTS ARE WITH A POLE 10																			12											
13	10' 120	=	10'6 110	=	11' 95	=	11'6 90	12'5"	LBS OVER YOUR WEIGHT, BEFORE																			13											
14	10' 125	=	10'6 115	=	11' 100	23.0	9.1	11'6 95	27.4	10.8	12' 80	UPGRADING TO LONGER POLES!																			14								
15	10' 130	=	10'6 120	=	11' 105	=	11'6 100	26.5	10.4	12' 85																				15									
16	10' 135	=	10'6 125	=	11' 110	22.4	8.8	11'6 105	25.6	10.1	12' 90	27.4	10.8	12'6"-	TO DO																			16					
17	10' 140	=	10'6 130	=	11' 115	=	11'6 110	24.3	9.6	12' 95	26.5	10.4	12'11"	THIS- GO TO																			17						
18	10' 145	=	10'6 135	=	11' 120	19.0	7.5	11'6 115	23.8	9.4	12' 100	25.6	10.1	12'6 90	A SHORTER																			18					
19	10' 150	=	10'6 140	=	11' 125	=	11'6 120	22.9	9.0	12' 105	24.7	9.7	12'6 95	POLE!																			19						
20			10'6 145	=	11' 130	17.5	6.9	11'6 125	22.0	8.7	12' 110	23.8	9.4	12'6 100	27.5	10.8	13'0"-																				20		
21			10'6 150	=	11' 135	=	11'6 130	21.1	8.3	12' 115	22.9	9.0	12'6 105	26.6	10.5	13'5"																				21			
22	13'6"-				11' 140	16.4	6.5	11'6 135	20.2	8.0	12' 120	22.0	8.7	12'6 110	25.7	10.1	13' 100	29.6	11.7																				22
23	13'11"	NF#			11' 145	=	11'6 140	19.3	7.6	12' 125	21.1	8.3	12'6 115	24.8	9.8	13' 105	28.5	11.2																				23	
24	13'6 100				11' 150	=	11'6 145	18.4	7.2	12' 130	20.2	8.0	12'6 120	23.9	9.4	13' 110	27.5	10.8																				24	
25	13'6 105				11' 155	=	11'6 150	17.5	6.9	12' 135	19.3	7.6	12'6 125	23.0	9.1	13' 115	26.5	10.4																				25	
26	13'6 110		14'1"-		11' 160	=	11'6 155	16.6	6.5	12' 140	18.4	7.2	12'6 130	22.1	8.7	13' 120	25.5	10.0																				26	
27	13'6 115	29.0	11.4	14'5"	NF#		11'6 160	15.7	6.2	12' 145	17.5	6.9	12'6 135	21.2	8.3	13' 125	24.5	9.6																				27	
28	13'6 120	28.0	11.0	14' 110			11'6 165	14.8	5.8	12' 150	16.6	6.5	12'6 140	20.3	8.0	13' 130	23.5	9.2																				28	
29	13'6 125	26.9	10.6	14' 115		14'6"-	11'6 170	13.9	5.5	12' 155	15.7	6.2	12'6 145	19.4	7.6	13' 135	22.5	8.8																				29	
30	13'6 130	25.9	10.2	14' 120	27.4	10.8	14'11"	NF#		12' 160	14.8	5.8	12'6 150	18.5	7.3	13' 140	21.5	8.4																				30	
31	13'6 135	24.8	9.8	14' 125	26.4	10.4	14'6 115	28.7	11.3	12' 165	13.9	5.5	12'6 155	17.6	6.9	13' 145	20.5	8.1																				31	
32	13'6 140	23.8	9.4	14' 130	25.3	10.0	14'6 120	27.8	10.9	12' 170	13.0	5.1	12'6 160	16.7	6.6	13' 150	19.6	7.7																				32	
33	13'6 145	22.7	8.9	14' 135	24.4	9.6	14'6 125	26.9	10.6	12' 175	12.1	4.8	12'6 165	15.8	6.2	13' 155	18.6	7.3																				33	
34	13'6 150	21.7	8.5	14' 140	23.4	9.2	14'6 130	26.0	10.2	12' 180	11.2	4.4	12'6 170	14.9	5.9	13' 160	17.6	6.9																				34	
35	13'6 155	20.6	8.1	14' 145	22.4	8.8	14'6 135	25.2	9.9	15' 120			12'6 175	=		13' 165	16.6	6.5																				35	
36	13'6 160	19.6	7.7	14' 150	21.3	8.4	14'6 140	24.1	9.5	15' 125			12'6 180	=		13' 170	15.6	6.1																				36	
37	13'6 165	18.5	7.3	14' 155	20.2	8.0	14'6 145	23.0	9.1	15' 130			15'6"-																				37						
38	13'6 170	17.5	6.9	14' 160	19.1	7.5	14'6 150	21.9	8.6	15' 135			15'11"																				38						
39	13'6 175	16.4	6.5	14' 165	18.0	7.1	14'6 155	20.9	8.2	15' 140	=		NF#																				39						
40	13'6 180	15.4	6.0	14' 170	16.9	6.7	14'6 160	19.8	7.8	15' 145	23.6	9.3	15'6 130																				40						
41	13'6 185	14.3	5.6	14' 175	15.8	6.2	14'6 165	18.7	7.4	15' 150	22.6	8.9	15'6 135																				41						
42	13'6 190	13.5	5.3	14' 180	14.7	5.8	14'6 170	17.6	6.9	15' 155	21.6	8.5	15'6 140	16'0"-																				42					
43	13'6 195	12.9	5.1	14' 185	13.6	5.4	14'6 175	16.5	6.5	15' 160	20.6	8.1	15'6 145	16'4"																				43					
44	13'6 200	12.3	4.8	14' 190	12.2	4.8	14'6 180	15.5	6.1	15' 165	19.5	7.7	15'6 150	NF#																				44					
45			14' 195	11.0	4.3	14'6 185	14.8	5.8	15' 170	18.5	7.3	15'6 155		16' 140																				45					
46			14' 200	10.1	4.0	14'6 185	14.8	5.8	15' 175	17.5	6.9	15'6 160		16' 145																				46					
47	ONE MAKER				14'6 190	13.6	5.4	15' 180	16.5	6.5	15'6 165	20.0	7.9	16' 150																				47					
48	USES THE FULL LENGTH FLEX#				14'6 195	12.4	4.9	15' 185	15.4	6.1	15'6 170	19.0	7.5	16' 155																				48					
49	4 HALF LENGTH SIZE POLES.				14'6 200	11.2	4.4	15' 190	14.1	5.6	15'6 175	17.9	7.0	16' 160																				49					
50	DO NOT USE A POLE 24"				14'6 205	=		15' 195	13.1	5.2	15'6 180	16.9	6.6	16' 165																				50					
51	LONGER THAN YOUR ABILITY TO JUMP!							15' 200	12.1	4.8	15'6 185	16.1	6.3	16' 170																				51					
52	USE THIS CHARTS AS A GUIDE, NOT TO							15' 205	=		15'6 190	15.0	5.9	16' 175																				52					
53	BE USED TO ORDER POLES BY FLEX #!							15' 210	=		15'6 195	14.0	5.5	16' 180																				53					
54	FLEX #'S ARE SMALL & .25 FLEX # IS ONLY A 1LBS. DIFF.										15'6 200	13.0	5.1	16' 185																				54					
55	ALL BRANDS HAVE A DIFFERENT SYSTEM THESE ARE										15'6 205	12.1	4.8	16' 190																				55					
	GIVE OR TAKE .4 OF OTHER MAKERS FLEX NUMBERS.										15'6 210	=		16' 195																									
	FLEX #S IN INCHES MULTIPLY BY 2.54 TO GET METRIC COMPARISON										15'6 215	=		16' 200																									
														16' 205																									
														16' 210																									