



$$3.125 / 1.75 = 1.78$$

$$\times \frac{100}{178.5} = 22.3$$

+ 10% LOSS
 SAY 25#

$$1.375 \times 8:1 = 11'$$

SEATED PULL $\approx 1'$
 SO 11 PULSES @ 25#

ROWING PUL $\approx 2'$
 SO 5.5 PULSES @ 25#