

### 3 SECTION PUSH-UP

CODE NO	CLOSED	STANDING	EXTENDED	RUNGS PER SEC
REF20T ( DISCONTINUED )	2.00M	3.10M	4.25M	7
REF26T ( DISCONTINUED )	2.60M	4.20M	5.96M	9
REF31T ( DISCONTINUED )	3.10M	5.05M	6.80M	11

### SPLAYED BASE PATTERN - HEAVY DUTY3 SECTION PUSH-UP

CODE NO	CLOSED	STANDING	EXTENDED	RUNGS PER SEC
REF24TH	2.35M	3.65M	5.15M	8
REF27TH	2.65M	4.22M	6.00M	9
REF30TH	2.95M	4.78M	6.84M	10
REF36TH	3.48M	5.62M	7.96M	12