Kids ROCK Active Spring Selection Matrix
Size 1 & 2

Child's weight 20 – 40Lbs	Low Muscle tone	Low Muscle Strength	Consider **NO** Springs to help the child develop musculature first
		High Muscle Strength	Consider **SOFT** Springs to help the child develop musculature
	High Muscle tone	Low Muscle Strength	Consider **SOFT** Springs to help the child develop musculature
		High Muscle Strength	Consider **MEDIUM** Springs to provide optimum resistance
Child's weight 40 – 80 Lbs	Low Muscle tone	Low Muscle Strength	Consider **SOFT** Springs to help the child develop musculature
		High Muscle Strength	Consider **MEDIUM** Springs to provide optimum resistance
	High Muscle tone	Low Muscle Strength	Consider **MEDIUM** Springs to provide optimum resistance
		High Muscle Strength	Recommend **HARD** Springs to help the child control movement and provide resistance.
Child's weight 80 – 110 Lbs	Low Muscle tone	Low Muscle Strength	Consider **MEDIUM** Springs to provide optimum resistance
		High Muscle Strength	Recommend **HARD** Springs to help the child control movement
	High Muscle tone	Low Muscle Strength	Consider **MEDIUM** Springs to provide optimum resistance
		High Muscle Strength	Recommend **HARD** Springs to help the child control movement and provide resistance.

NOTE: The above spring selection matrix is only intended as a guide. There are many other variables that can change the spring selection based on the desired outcome.

Questions?
Call Kids Up at 877-454-3787