SmartMan
MORE SURVIVORS
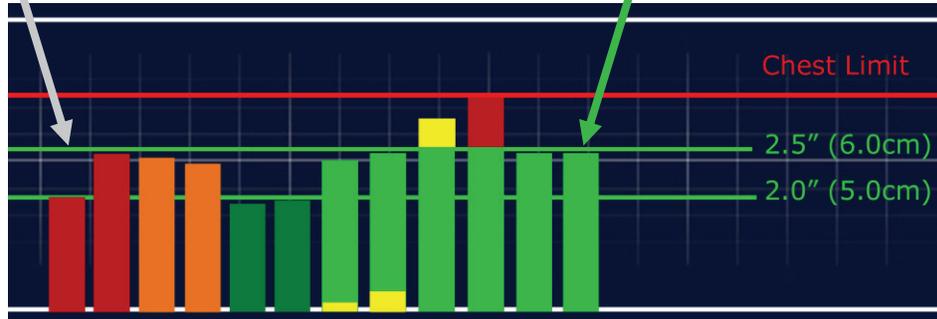
Colors in Compression

You will see colored bars when doing compression
This shows Depth, Rate, and Recoil

If the bars are NOT all bright green, corrections are needed

Target Depth: Between the two green lines

Target Color: Bright Green = Correct Depth, Rate, and Recoil

Chest Limit

2.5" (6.0cm)

2.0" (5.0cm)

Red = Rate is too slow

Orange = Rate is too fast

Dark green = Rate is correct, but incorrect depth

Red on Top = You hit the spine

Yellow on Top = Too deep but not hitting spine

Yellow on Bottom = Non-release of the chest