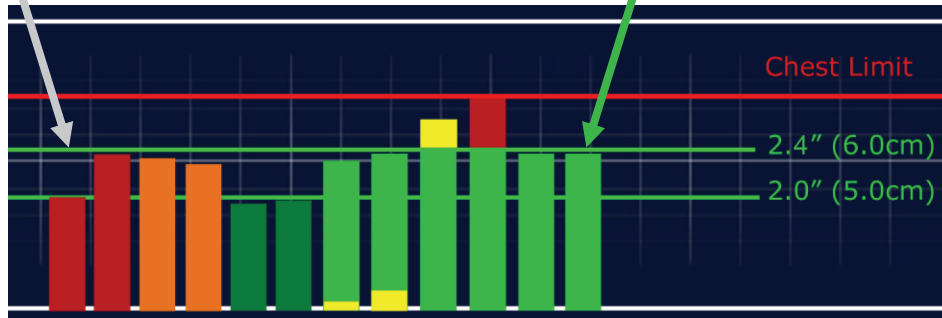# Colors in Compression

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

2.4" (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