COMPOUND BOW - RELEASE AID CALCULATED PEAK BOW WEIGHT - LBS.

CORRECT ARROW LENGTH FOR TARGET/FIELD/3D

ATA Bow Rating up to 275 FPS	ATA Bow Rating 270-300 FPS	ATA Bow Rating 301-340 FPS	23"	24"	25"	26"	27"	28"	29"	30"	31"	32"	RECURVE BOW WEIGHT -LBS FINGER RELEASE
29-35 lbs. (13.2-15.9 kg)			00	01	02	03	T1	T2	T3				**21-27 lbs.** (9.5-12.2 kg)
35-40 lbs. (15.9-18.1 kg)	**29-35 lbs.** (13.2-15.9 kg)		01	02	03	T1	T2	T3	T4	T5			**27-32 lbs.** (12.2-14.5 kg)
40-45 lbs. (18.1-20.4 kg)	**35-40 lbs.** (15.9-18.1 kg)	**29-35 lbs.** (13.2-15.9 kg)	02	03	T1	T2	T3	T4	T5	T6	T7		**32-36 lbs.** (14.5-16.3 kg)
45-50 lbs. (20.4-22.7 kg)	**40-45 lbs.** (18.1-20.4 kg)	**35-40 lbs.** (15.9-18.1 kg)	03	T1	T2	T3	T4	T5	T6	T7	T8	T9	**36-40 lbs.** (16.3-18.1 kg)
50-55 lbs. (22.7-24.9 kg)	**45-50 lbs.** (20.4-22.7 kg)	**40-45 lbs.** (18.1-20.4 kg)	T1	T2	T3	T4	T5	T6	T7	T8	T9	T10	**40-44 lbs.** (18.1-20.0 kg)
55-60 lbs. (24.9-27.9 kg)	**50-55 lbs.** (22.7-24.9 kg)	**45-50 lbs.** (20.4-22.7 kg)	T2	T3	T4	T5	T6	T7	T8	T9	T10	T11	**44-48 lbs.** (20.0-21.8 kg)
60-65 lbs. (27.2-29.5 kg)	**55-60 lbs.** (24.9-27.9 kg)	**50-55 lbs.** (22.7-24.9 kg)	T3	T4	T5	T6	T7	T8	T9	T10	T11	T12	**48-52 lbs.** (21.8-23.6 kg)
65-70 lbs. (29.5-31.8 kg)	**60-65 lbs.** (27.2-29.5 kg)	**55-60 lbs.** (24.9-27.9 kg)	T4	T5	T6	T7	T8	T9	T10	T11	T12	T13	**53-57 lbs.** (24.0-25.9 kg)
70-76 lbs. (31.8-34.5 kg)	**65-70 lbs.** (29.5-31.8 kg)	**60-65 lbs.** (27.2-29.5 kg)	T5	T6	T7	T8	T9	T10	T11	T12	T13	T13	**58-62 lbs.** (26.03-28.1 kg)
76-82 lbs. (34.5-37.2 kg)	**70-76 lbs.** (31.8-34.5 kg)	**65-70 lbs.** (29.5-31.8 kg)	T6	T7	T8	T9	T10	T11	T12	T13	T13	T14	**63-67 lbs.** (28.6-30.4 kg)
82-88 lbs. (37.2-39.9 kg)	**76-82 lbs.** (34.5-37.2 kg)	**70-76 lbs.** (31.8-34.5 kg)	T7	T8	T9	T10	T11	T12	T13	T13	T14		**68-73 lbs.** (30.8-33.1 kg)

No X10, ProTour, or ACE suitable in shaded areas above. Note:If your arrow shaft is over 1/2" inch more than the closest inch column shown on chart, round up to the next inch column. Example, if your arrow length is 28-1/2", use the 29" column.

ATA Compound Bow Rating
341-350 FPS

Shift one selection box stiffer
Examples shift from box T8 to T9.

ATA Compound Bow Rating
351 FPS or Higher

Shift two selection boxes stiffer
Examples shift from box T8 - T10.

GROUP 00

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
1214	2.501	75	5.9
1413	2.036	75	5.9

GROUP 01

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
2-00	1.500	A/C/G	4.7
1500	1.500	A/C/G	4.7
1416	1.684	75	7.1
1516	1.403	75	7.3

GROUP 02

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
1250	1.250	A/C/E	5.1
1300	1.300	A/C/G	5.1
3L-00	1.300	A/C/C	5.1
1514	1.379	X7	6.8

GROUP 03

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
1100	1.100	A/C/E	5.1
1150	1.150	A/C/G	5.5
3-00	1.150	A/C/C	5.5
1200	1.200	Apollo	5.5
1614	1.153	X7	7.7

GROUP T1

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
*920-1000R	0.920-1.000	A/C/E	5.8
*900-1000R	0.900-1.000	X10	5.8
*880-1000R	0.880-1.000	A/C/G	5.9
2L-04	1.020	A/C/C	6.1
2-04	0.920	A/C/C	6.5
900	0.900	Carb1	5.3
1070	1.070	Apollo	5.9
1713	1.044	75	7.4
1714	0.963	X7	8.1
1616	1.079	75	8.4

GROUP T2

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
*780-850R	0.780-0.850	A/C/E	6.0
*750-830R	0.750-0.830	X10	6.4
770	0.770	ProTour	6.0
*810-880R	0.810-0.880	A/C/G	6.1
2-04	0.920	A/C/C	6.5
810	0.810	Carb1	5.8
950	0.950	Apollo	6.2
1714	0.963	X7	8.1
1716	0.880	75	9.0

GROUP T3

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
*720-780R	0.720-0.780	A/C/E	6.4
*700-750R	0.700-0.750	X10	6.7
720	0.720	ProTour	6.2
*710-810R	0.710-0.810	A/C/G	6.5
3K-04	0.830	A/C/C	6.7
3L-04	0.750	A/C/C	7.0
730	0.730	Carb1	6.0
840	0.840	Apollo	6.5
1813	0.874	75	7.9
1814	0.799	X7	8.6
1816	0.756	75	9.3

GROUP T4

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
*670-720R	0.670-0.720	A/C/E	5.9
*650-700R	0.650-0.700	X10	6.8
670	0.670	ProTour	6.5
*660-710R	0.660-0.710	A/C/G	6.9
3L-04	0.750	A/C/C	7.0
3-04	0.680	A/C/C	7.2
660	0.660	Carb1	6.6
740	0.740	Apollo	7.2
1913	0.733	75	8.3
1914	0.658	X7	9.3

GROUP T5

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
*620-670R	0.620-0.670	A/C/E	6.1
*600-650R	0.600-0.650	X10	7.0
620	0.620	ProTour	6.7
620	0.620	Pro Field	6.1
*610-660R	0.610-0.660	A/C/G	7.3
3-04	0.680	A/C/C	7.2
660	0.660	Carb1	6.6
670	0.670	Apollo	7.7
2013	0.610	75	9.0
1914	0.658	X7	9.3
1916	0.623	75	10.0

GROUP T6

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
*570-620R	0.570-0.620	A/C/E	6.3
*550-600R	0.550-0.600	X10	7.5
570	0.570	ProTour	6.9
570	0.570	Pro Field	6.4
*540-610R	0.540-0.610	A/C/G	7.7
3L-18	0.620	A/C/C	7.5
600	0.600	Carb1	6.9
610	0.610	Apollo	8.1
500	0.500	LSpd	6.5
500	0.500	FB	7.1
2013	0.610	75	9.0
2014	0.579	X7	9.6
1916	0.623	75	10.0

GROUP T7

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
*520-570R	0.520-0.570	A/C/E	6.7
*500-550R	0.500-0.550	X10	7.8
520	0.520	ProTour	7.3
520	0.520	Pro Field	6.7
*540-610R	0.540-0.610	A/C/G	7.7
3-18	0.560	A/C/C	7.8
3-28	0.500	A/C/C	8.1
550	0.550	Carb1	6.9
560	0.560	Apollo	8.4
500	0.500	LSpd	6.5
500	0.500	FB	7.1
2212	0.505	X7	8.8
2114	0.510	X7, 75	9.9
2016	0.531	75	10.6

GROUP T8

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
*470-520R	0.470-0.520	A/C/E	6.8
*450-500R	0.450-0.500	X10	8.1
470	0.470	ProTour	7.6
470	0.470	Pro Field	7.0
*480-540R	0.480-0.540	A/C/G	8.4
3-28	0.500	A/C/C	8.1
3-39	0.440	A/C/C	8.6
500	0.500	Carb1	7.4
500	0.500	LSpd	6.5
500	0.500	FB	7.1
2212	0.505	X7	8.8
2213	0.460	X7, 75	9.8
2114	0.510	X7, 75	9.9

GROUP T9

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
*430-470R	0.430-0.470	A/C/E	7.0
*410-450R	0.410-0.450	X10	8.5
420	0.420	ProTour	8.0
420	0.420	Pro Field	7.5
*430-480R	0.430-0.480	A/C/G	8.9
3-39	0.440	A/C/C	8.6
450	0.450	Carb1	8.1
400	0.400	LSpd	7.4
400	0.400	FB	7.8
2311	0.450	X7	8.9
2312	0.423	X7	9.5
2213	0.460	X7, 75	9.8
2214	0.425	X7	10.4

GROUP T10

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
*400-430R	0.400-0.430	A/C/E	7.5
*380-410R	0.380-0.410	X10	8.9
380	0.380	ProTour	8.4
380	0.380	Pro Field	7.8
*430-480R	0.430-0.480	A/C/G	8.9
3-39	0.440	A/C/C	8.6
3-49	0.390	A/C/C	8.8
410	0.410	Carb1	8.5
400	0.400	LSpd	7.4
400	0.400	FB	7.8
2413	0.365	X7, 75	10.4
2214	0.425	X7	10.4
2314	0.390	X7, 75	10.7
2412	0.400	X7	9.7

GROUP T11

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
*370-400R	0.370-0.400	A/C/E	7.9
380R	0.380	X10	8.9
380	0.380	ProTour	8.4
380	0.380	Pro Field	7.8
3-49	0.390	A/C/C	8.8
3-60	0.340	A/C/C	9.5
400	0.400	LSpd	7.4
400	0.400	FB	7.8
350	0.350	FBORE	8.4
2314	0.390	X7, 75	10.8
2315	0.340	X7, 75	11.8
2511	0.348	X7	9.6

GROUP T12

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
370R	0.370	A/C/E	7.9
3-60	0.340	A/C/C	9.5
3-71	0.300	A/C/C	9.9
340	0.340	LSpd	8.2
340	0.340	FB	8.3
350	0.350	FBORE	8.4
2511	0.348	X7	9.6
2512	0.321	X7	10.3
2612	0.285	X7	10.7
2613	0.265	X7	11.5
2712	0.260	X7	11.3

GROUP T13

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
3-71	0.300	A/C/C	9.9
270	0.270	FBORE	9.0
2512	0.321	X7	10.3
2612	0.285	X7	10.7
2613	0.265	X7	11.5
2712	0.260	X7	11.3

GROUP T14

SIZE	SPINE	MODEL	WEIGHT GRS/INCH
270	0.270	FBORE	9.0
2613	0.265	X7	11.5
2712	0.260	X7	11.3

A/C/E Aluminum/Carbon/Extreme
X10 X10 Shafts (Aluminum/Carbon)
ProTour X10 ProTour Shafts (Aluminum/Carbon)
Pro Field A/C Pro Field (Aluminum/Carbon)
A/C/G A/C/G (Aluminum/Carbon)
A/C/C Aluminum/Carbon/Composite
Carb1 Carbon One
Apollo Carbon Apollo
LSpd LightSpeed & LightSpeed 3D
FB FatBoy
FBORE Full Bore
X7 X, X27 (2712) & X23 (2312, 2314, 2315) (7178 alloy)
75 XX75: Platinum Plus, Tribute, Jazz and Neos (7075 alloy)

R The size recommendations for recurve bows are indicated with a letter "R" next to the size.
Size Indicates suggested arrow size
Spine Spine of arrow size shown (static)
Model Designates arrow model
Weight Listed in grains per inch

* When two sizes are listed together, the weight listed is for the first shaft.