

<u>Attention</u>: Soumettre un Arc a poulie à une contraite excessive en utilisant des flèches plus légères que celles recommandées par l'AMO, peut endomamagerl'arc et risque de blesser le tireur.

	COMPOUND BOW - Release Aid Calculated Peak Bow Weight - Lbs.			Correct Arrow Length for Target • Field • 3D									
Soft Cam	Medium Cam	Single or Hard Cam	22 ¹ / ₂ (57.2 cm)	23 ¹ / ₂ (59.7 cm)	24 ¹ / ₂ (62.2 cm)	25 ¹ / ₂ (64.8 cm)	26 ¹ /2 (67.3 cm)	27 ¹ / ₂ (69.9 cm)	28 ¹ / ₂ (72.4 cm)	29 ¹ / ₂ (75.0 cm)	30 ¹ / ₂ (77.5 cm)	31 ¹ / ₂ (80.0 cm)	RECURVE BOW
			23"	24"	25"	26"	27"	28"	29"	30"	31"	32"	Bow Weight - Lbs. Finger Release
AMO up to 210 FPS IBO up to 260 FPS	AMO 211-230 FPS IBO 261-290 FPS	AMO 231 FPS up IBO 291 FPS up	23 ¹ / ₂ (59.7 cm)	24 ¹ / ₂ (62.2 cm)	25 ¹ / ₂ (64.8 cm)	26 ¹ / ₂ (67.3 cm)	27 ¹ / ₂ (69.9 cm)	28 ¹ / ₂ (72.4 cm)	29 ¹ / ₂ (75.0 cm)	30 ¹ / ₂ (77.5 cm)	31 ¹ / ₂ (80.0 cm)	32 ¹ / ₂ (82.5 cm)	
29-35 lbs. (13.2-15.9 kg)							T1	T2	T3				17-23 lbs. (7.7-10.4 kg)
35-40 lbs. (15.9-18.1 kg)	29-35 lbs. (13.2-15.9 kg)					T1	T2	T3	T4	T 5			24-29 lbs. (10.9-13.2 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)			T1	T2	T3	T4	T5	T6	T7		30-35 lbs. (13.6-15.9 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)		T1	T2	T 3	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	T 5	T6	T 7	T8	T 9	T10	41-45 lbs. (18.6-20.4 kg)
55-60 lbs. (24.9-27.2 kg)	50-55 lbs. (22.7-24.9 kg)	45-50 lbs. (20.4-22.7 kg)	T2	T3	T4	T 5	T6	T7	T8	T9	T10	T11	46-50 lbs. (20.9-22.7 kg)
60-65 lbs. (27.2-29.5 kg)	55-60 lbs. (24.9-27.2 kg)	50-55 lbs. (22.7-24.9 kg)	T3	T4	T 5	T6	T 7	T8	T9	T10	T11	T12	51-55 lbs. (23.1-24.9 kg)
65-70 lbs. (29.5-31.8 kg)	60-65 lbs. (27.2-29.5 kg)	55-60 lbs. (24.9-27.2 kg)	T4	T 5	T6	T7	T8	T9	T10	T11	T12	T13	56-60 lbs. (25.4-27.2 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)	T 5	T6	T 7	T8	T9	T10	T11	T12	T13	T13	61-65 lbs. (27.7-29.5 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	T 7	T8	T9	T10	T11	T12	T13	T13	T14	66-70 lbs. (29.9-31.8 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		71-76 lbs. (32.2-34.5 kg)

No X10 or A/C/E shafts suitable in shaded areas above.

Group T1							
Size	Spine	Model	Weight Grs/Inch	Wt @29"			
*920-1000R	0.920-1.000	A/C/E	5.83	169			
*900-1000R	0.900-1.000	X10	5.75	167			
*880-1000R	0.880-1.000	Nav	5.50	160			
2L-04	1.020	A/C/C	6.05	175			
2-04	0.920	A/C/C	6.48	188			
*920•1050R	0.920 • 1.050	Vector	5.44	158			
900	0.900	RdIn	5.83	169			
1712	1.099	Х7	6.70	194			
1713	1.044	75	7.42	215			
1714	0.963	Х7	8.07	234			
1616	1.079	75	8.36	242			

	Group T2						
Size	Spine	Model	Weight Grs/Inch	Weight @29"			
*780+850R	0.780 • 0.850	A/C/E	6.01	174			
*750•830R	0.750•0.830	X10	6.35	184			
*810•880R	0.810 - 0.880	Nav	5.80	168			
2-04	0.920	A/C/C	6.48	188			
*770*840R	0.770+0.840	Vector	6.26	182			
780	0.780	RdIn	6.30	183			
1812	0.879	Х7	7.30	212			
1714	0.963	Х7	8.07	234			
1716	0.880	75	9.03	262			

Group T3							
Size	Spine	Model	Weight Grs/Inch	Weight @29"			
*720-780R	0.720-0.780	A/C/E	6.35	184			
*700-750R	0.700-0.750	X10	6.70	194			
*710-810R	0.710-0.810	Nav	6.29	182			
3X-04	0.830	A/C/C	6.74	195			
3L-04	0.750	A/C/C	6.95	202			
*700•770R	0.700 • 0.770	Vector	6.38	185			
780	0.780	RdIn	6.30	183			
1912	0.778	Х7	7.60	220			
1813	0.874	75	7.86	228			
1814	0.799	Х7	8.57	248			
1816	0.756	75	9.27	269			

ı		Gro	up T4	ļ	
	Size	Spine	Model	Weight Grs/Inch	Weight @29"
	*670•720R	0.670 • 0.720	A/C/E	5.93	172
	*650•700R	0.650 • 0.700	X10	6.79	197
	*610•710R	0.610 • 0.710	Nav	6.87	199
	3L-04	0.750	A/C/C	6.95	202
	3-04	0.680	A/C/C	7.22	209
	*700•770R	0.700 • 0.770	Vector	6.38	185
	690	0.690	RdIn	6.27	182
	1912	0.778	Х7	7.60	220
	2012	0.680	Х7	8.00	232
	1913	0.733	75	8.34	242
	1914	0.658	Х7	9.28	269

Group T5							
Size	Spine	Model	Weight Grs/Inch	Wt @29"			
*620•670R	0.620-0.670	A/C/E	6.11	177			
*600•650R	0.600-0.650	X10	7.02	204			
*540•610R	0.540-0.610	Nav	7.39	214			
3-04	0.680	A/C/C	7.22	209			
*640•700R	0.640 - 0.700	Vector	6.26	182			
690	0.690	RdIn	6.27	182			
2012	0.680	X7	8.00	232			
2013	0.610	75	9.01	261			
1914	0.658	X7	9.28	269			
1916	0.623	75	10.05	291			

	Gro	up T6	,	
Size	Spine	Model	Weight Grs/Inch	Weight @29"
*570+620R	0.570 • 0.620	A/C/E	6.30	183
*550+600R	0.550 • 0.600	X10	7.47	217
*540•610R	0.540 • 0.610	Nav	7.39	214
3L-18	0.620	A/C/C	7.47	217
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*580+640R	0.580 • 0.640	Vector	7.06	205
600	0.600	RdIn	6.92	201
500	0.500	LSpd	6.53	189
500	0.500	FB	7.10	206
2112	0.590	X7	8.42	244
2013	0.610	75	9.01	261
2014	0.579	Х7	9.56	277
1916	0.623	75	10.05	291

	Group T7							
Size	Spine	Model	Weight Grs/Inch	Weight @29"				
*520•570R	0.520-0.570	A/C/E	6.65	193				
*500•550R	0.500+0.550	X10	7.80	226				
*540•610R	0.540 • 0.610	Nav	7.39	214				
3-18	0.560	A/C/C	7.82	227				
3-28	0.500	A/C/C	8.11	235				
*530•580R	0.530•0.580	Vector	7.56	219				
520	0.520	RdIn	7.09	206				
500	0.500	LSpd	6.53	189				
500	0.500	FB	7.10	206				
2212	0.505	75	8.84	256				
2114	0.510	X7,75	9.94	288				
2016	0.531	75	10.56	306				

	Group T8							
Size	Spine	Model	Weight Grs/Inch	Weight @29"				
*470•520R	0.470 • 0.520	A/C/E	6.81	197				
*450•500R	0.450 • 0.500	X10	8.10	235				
*480•540R	0.480 • 0.540	Nav	7.98	231				
3-28	0.500	A/C/C	8.11	235				
3-39	0.440	A/C/C	8.58	249				
*480•530R	0.480 • 0.530	Vector	7.78	226				
460	0.460	RdIn	7.32	212				
500	0.500	LSpd	6.53	189				
500	0.500	FB	7.10	206				
2212	0.505	Х7	8.84	256				
2213	0.460	X7,75	9.92	288				
2114	0.510	X7,75	9.94	288				
2115	0.461	75	10.75	312				

Group T9								
Size	Spine	Model	Weight Grs/Inch	Weight @29"				
*430•470R	0.430 - 0.470	A/C/E	7.03	204				
*410•450R	0.410 - 0.450	X10	8.48	246				
*430-480R	0.430-0.480	Nav	8.42	244				
3-39	0.440	A/C/C	8.58	249				
480	0.480	Vector	7.78	226				
460	0.460	RdIn	7.32	212				
400	0.400	LSpd	7.41	215				
400	0.400	FB	7.75	225				
2312	0.423	X7	9.48	275				
2213	0.460	X7,75	9.92	288				
2214	0.425	Х7	10.41	302				
2115	0.461	75	10.75	312				

	Group T10						
Size	Spine	Model	Weight Grs/Inch	Weight @29"			
*400+430R	0.400+0.430	A/C/E	7.50	218			
*380•410R	0.380 • 0.410	X10	8.87	257			
*430+480R	0.430 • 0.480	Nav	8.42	244			
3-39	0.440	A/C/C	8.58	249			
3-49	0.390	A/C/C	8.83	256			
480	0.480	Vector	7.78	226			
410	0.410	RdIn	7.60	220			
400	0.400	LSpd	7.41	215			
400	0.400	FB	7.75	225			
2412	0.400	Х7	9.65	280			
2413	0.365	X7,75	10.50	304			
2214	0.425	Х7	10.41	302			
2314	0.390	X7,75	10.76	312			

ı	Group T11							
ı	Size	Spine	Model	Weight Grs/Inch	Weight @29"			
	*370•400R	0.370 - 0.400	A/C/E	7.91	229			
	380R	0.380	X10	8.87	257			
	3-49	0.390	A/C/C	8.83	256			
	3-60	0.340	A/C/C	9.45	274			
	360	0.360	RdIn	8.31	241			
	400	0.400	LSpd	7.41	215			
	400	0.400	FB	7.75	225			
	2413	0.365	X7,75	10.50	304			
	2314	0.390	X7,75	10.76	312			
	2315	0.340	X7,75	11.67	338			

Group T12				
Size	Spine	Model	Weight Grs/Inch	Weight @29"
370R	0.370	A/C/E	7.91	229
3-60	0.340	A/C/C	9.45	274
3-71	0.300	A/C/C	9.92	288
360	0.360	RdIn	8.31	241
340	0.340	LSpd	8.16	237
340	0.340	FB	8.30	241
2512	0.321	X7	10.28	298
2613	0.265	X7	11.49	333

Group T13				
Size	Spine	Model	Weight Grs/Inch	Weight @29"
3-71 2512 2613	0.300 0.321 0.265	A/C/C X7 X7	9.92 10.28 11.49	288 298 333

Group T14				
Size/Spine		Model	Weight Grs/Inch	Weight @29"
2613	0.265	X7	11.49	333

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

A/C/E X10 Nav A/C/C Vector Rdin LSpd FB X7 75	Aluminum/Carbon/Extreme X10 Shafts (Aluminum/Carbon) Navigator (Aluminum/Carbon) Aluminum/Carbon/Composite Vector Redline LightSpeed FatBoy X7 Eclipse and Cobalt (7178 alloy) XX75: Platinum Plus and Jazz (7075-T9 alloy)	R Size Spine Model Weight	The size recommendations for recurve bows are indicated with a letter "R" next to the size. Indicates suggested arrow size Spine of arrow size shown (static) Designates arrow model Listed in grains per inch
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