

| <b>ACTUAL PEAK BOW WEIGHT IN LBS.</b> |                    |                     |                  | <b>AMO RECOMMENDED MINIMUM ARROW WEIGHTS (GRAINS)</b>  |            |            |            |            |            |            |            |            |  |
|---------------------------------------|--------------------|---------------------|------------------|--|------------|------------|------------|------------|------------|------------|------------|------------|--|
|                                       |                    |                     |                  | <b>USING THE MINIMUM RECOMMENDED ARROW WEIGHT CHART</b>  |            |            |            |            |            |            |            |            |  |
| <b>RECURVE</b>                        | <b>ROUND WHEEL</b> | <b>ENERGY WHEEL</b> | <b>SPEED CAM</b> | <p>*Select the column that describes the type of bow you shoot</p> <p>*Move down that column to locate your Actual Peak Bow Weight</p> <p>*Move horizontally across that row to your "AMO draw Length" column</p> <p>*The box at that location contains the minimum total arrow weight recommended for your equipment.</p> <p>1. Arrow weight includes all arrow components - shaft, insert, point, fletching and nock.</p> <p>2. Based on * 360 Grain Arrow * 30" Draw Length * 60# Peak Weight * Speed Cam</p> <p>SE=Stored Energy * ESE=Energy Storage Efficiency * BH=Brace Height * PDF=Peak Draw Force</p> |            |            |            |            |            |            |            |            |  |
| SE=.95                                | SE=1.04            | SE=1.20             | SE=1.3+          |  |            |            |            |            |            |            |            |            |  |
| PDF                                   | PDF                | PDF                 | PDF              |  |            |            |            |            |            |            |            |            |  |
| ESE=62                                | ESE=65.6           | ESE=71.3            | ESE=75.1         |  |            |            |            |            |            |            |            |            |  |
| BH=9.5                                | BH=9.0             | BH=8.0              | BH=7.0           | <b>25"</b>   | <b>26"</b> | <b>27"</b> | <b>28"</b> | <b>29"</b> | <b>30"</b> | <b>31"</b> | <b>32"</b> | <b>33"</b> |  |
| 33                                    | 32                 | 29                  | 27               | 150  | 150        | 150        | 150        | 150        | 150        | 150        | 150        | 150        |  |
| 34-41                                 | 33-38              | 30-35               | 28-32            | 150  | 150        | 150        | 150        | 150        | 150        | 150        | 151        | 165        |  |
| 42-46                                 | 39-43              | 36-39               | 33-36            | 150  | 150        | 150        | 150        | 150        | 163        | 179        | 195        | 211        |  |
| 47-52                                 | 44-49              | 40-44               | 37-41            | 150  | 150        | 150        | 167        | 185        | 203        | 222        | 240        | 258        |  |
| 53-58                                 | 50-54              | 45-49               | 42-46            | 150  | 163        | 183        | 203        | 224        | 244        | 264        | 285        | 305        |  |
| 59-63                                 | 55-60              | 50-54               | 47-50            | 172  | 195        | 217        | 240        | 262        | 284        | 307        | 329        | 352        |  |
| 64-69                                 | 61-64              | 55-59               | 51-55            | 202  | 227        | 251        | 276        | 300        | 325        | 350        | 374        | 399        |  |
| 70-75                                 | 65-71              | 60-64               | 56-60            | 232  | 259        | 286        | 312        | 339        | 365        | 392        | 419        | 445        |  |
| 76-81                                 | 72-76              | 65-70               | 61-65            | 262  | 291        | 320        | 348        | 377        | 406        | 435        | 463        | 492        |  |
| 82-86                                 | 77-81              | 71-74               | 66-69            | 292  | 323        | 354        | 385        | 416        | 446        | 477        | 508        | 539        |  |
| 87-92                                 | 82-87              | 75-79               | 70-74            | 322  | 355        | 388        | 421        | 454        | 487        | 520        | 553        | 586        |  |
| 93-99                                 | 88-94              | 80-85               | 75-80            | 352  | 387        | 422        | 457        | 492        | 532        | 581        | 629        | 676        |  |

\*AMO draw length equals distance from the low or pressure point of the grip to the string at full draw plus 1-3/4"