CONTORQUE DESIGN GUIDE V SPRING LIFE = 4,000 CYCLES

			b ➡	C 3/16	D 1/4	E 5/16	F 3/8	G 1/2	J 5/8	K 3/4	P 1	R 1 1/4	S 1 1/2	U 2
t	ID	Ds	Do	TORQUE M - Inch Pounds										
.002	.20	.23	.41	.06	.08	.10	.13	.17						
.003	.30	.35	.61	.14	.19	.23	.28	.38	.47					
.004	.41	.47	.81	.25	.33	.42	.50	.67	.83	1.00				
.005	.51	.58	1.01	.39	.52	.65	.78	1.04	1.30	1.56	2.08			
.006	.61	.70	1.22		.75	.94	1.13	1.50	1.88	2.25	2.99	3.75		
.008	.81	.93	1.62			1.66	2.00	2.66	3.33	4.00	5.33	6.66	8.00	
.010	1.01	1.17	2.02				3.13	4.17	5.21	6.25	8.33	10.4	12.5	16.7
.012	1.22	1.40	2.43					6.00	7.50	9.00	12.0	15.0	18.0	24.0
.014	1.42	1.63	2.84						10.2	12.3	16.3	20.4	24.5	32.7
.016	1.62	1.86	3.24							16.0	21.3	26.7	32.0	42.7
.018	1.82	2.10	3.65								27.0	33.8	40.5	54.0
.020	2.03	2.33	4.05								33.3	41.7	50.0	66.7
.022	2.23	2.56	4.46									50.4	60.5	80.7
.025	2.53	2.91	5.07									65.1	78.1	104
.031	3.14	3.61	6.28										120	160