CONTORQUE DESIGN GUIDE X SPRING LIFE = 12,000 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	.31	.35	.62	.05	.06	.08	.09	.13						
.003	.46	.53	.92	.11	.14	.18	.21	.28	.36					
.004	.62	.71	1.23	.19	.25	.32	.38	.51	.63	.76				
.005	.77	.88	1.54	.30	.40	.49	.59	.79	.99	1.19	1.58			
.006	.92	1.06	1.85		.57	.71	.85	1.14	1.42	1.70	2.28	2.84		
.008	1.23	1.42	2.46			1.26	1.52	2.02	2.53	3.03	4.04	5.06	6.06	
.010	1.54	1.77	3.08				2.37	3.16	3.95	4.74	6.32	7.90	9.48	12.6
.012	1.85	2.12	3.69					4.55	5.69	6.82	9.10	11.4	13.7	18.2
.014	2.15	2.48	4.31						7.74	9.29	12.4	15.5	18.6	24.8
.016	2.46	2.83	4.92							12.1	16.2	20.2	24.3	32.4
.018	2.77	3.18	5.54								20.5	25.6	30.7	41.0
.020	3.08	3.54	6.15								25.3	31.6	37.9	50.6
.022	3.38	3.89	6.77									38.2	45.9	61.2
.025	3.85	4.42	7.69									49.4	59.3	79.0
.031	4.77	5.48	9.54										91.1	121