CONTORQUE DESIGN GUIDE Z SPRING LIFE = 50,000 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	.56	.64	1.12	.03	.04	.05	.06	.07						
.003	.84	.97	1.68	.06	.08	.10	.13	.17	.21					
.004	1.12	1.29	2.24	.11	.15	.19	.22	.30	.37	.45				
.005	1.40	1.61	2.80	.17	.23	.29	.35	.47	.58	.70	.93			
.006	1.68	1.93	3.36		.33	.42	.50	.67	.84	1.00	1.34	1.67		
.008	2.24	2.58	4.49			.74	.89	1.19	1.49	1.78	2.38	2.98	3.57	
.010	2.80	3.22	5.61				1.40	1.86	2.33	2.79	3.72	4.65	5.58	7.44
.012	3.36	3.87	6.73					2.67	3.35	4.02	5.35	6.70	8.04	10.7
.014	3.93	4.51	7.85						4.56	5.47	7.29	9.11	10.9	14.6
.016	4.49	5.16	8.97							7.14	9.52	11.9	14.3	19.0
.018	5.05	5.80	10.1								12.1	15.1	18.1	24.1
.020	5.61	6.45	11.2								14.9	18.6	22.3	29.8
.022	6.17	7.09	12.3									22.5	27.0	36.0
.025	7.01	8.06	14.0									29.1	34.9	46.5
.031	8.69	10.0	17.4										53.6	71.5