



HENRY BODNIK'S SPINE TABLE FOR WOODEN SHAFTS



lbs/Finger	Arrow Length		Arrow Length		Arrow Length		Arrow Length		Arrow Length		Arrow Length		Arrow Length								
	P	26 inches	F	P	27 inches	F	P	28 inches	F	P	29 inches	F	P	30 inches	F	P	31 inches	F	P	32 inches	F
-30 lbs	1	5/16, - 30	3	1	5/16, - 30	3	2	5/16, 30 - 35	3	2	5/16, 35 - 40	4	2	11/32, 40 - 45	4	3	11/32, 45 - 50	4	3	11/32, 45 - 50	5
30 - 35 lbs	1	5/16, 30 - 35	3	2	5/16, 30 - 35	3	3	5/16, 35 - 40	4	2	11/32, 40 - 45	4	3	11/32, 45 - 50	4	3	11/32, 50 - 55	4	3	11/32, 50 - 55	5
36 - 40 lbs	2	5/16, 35 - 40	4	2	5/16, 35 - 40	4	3	11/32, 40 - 45	4	3	11/32, 45 - 50	4	3	11/32, 50 - 55	4	3	11/32, 55 - 60	4	4	11/32, 60 - 65	5
41 - 45 lbs	3	5/16, 40 - 45	4	3	11/32, 40 - 45	4	3	11/32, 50 - 55	4	3	11/32, 50 - 55	4	3	11/32, 55 - 60	4	3	11/32, 60 - 65	4	4	11/32, 65 - 70	5
46 - 50 lbs	3	11/32, 45 - 50	4	3	11/32, 45 - 50	4	3	11/32, 50 - 55	4	4	11/32, 55 - 60	5	4	11/32, 60 - 65	5	4	11/32, 65 - 70	5	4	11/32, 75 - 80	5
50 - 55 lbs	4	11/32, 50 - 55	5	4	11/32, 50 - 55	5	4	11/32, 55 - 60	5	4	11/32, 60 - 65	5	4	11/32, 65 - 70	5	4	11/32, 70 - 75	5	4	11/32, 75 - 80	5
55 - 60 lbs	4	11/32, 55 - 60	5	4	11/32, 55 - 60	5	4	11/32, 60 - 65	5	4	11/32, 65 - 70	5	4	11/32, 70 - 75	5	4	11/32, 75 - 80	5	4	11/32, 80 - 85	5
60 - 65 lbs	4	11/32, 60 - 65	5	4	11/32, 60 - 65	5	4	11/32, 65 - 70	5	4	11/32, 70 - 75	5	4	11/32, 75 - 80	5	4	11/32, 80 - 85	5	4	11/32, 85 - 90	5

Weight of Point (P)

30 grs.	1
70 grs.	2
100 grs.	3
125 grs.	4

Length of Fletches Application and Calculation of Spine Values

3 inches	3
4 inches	4
5 inches	5

The above table works for high-performance longbows with a Whisper String (Fast Flight, Spectra, Dynafight, Exel)

For longbows with a Dacron string, 5 lbs must be subtracted from the factual draw weight.

For recurve bows with a Whisper String (Fast Flight, Spectra, Dynafight Exel etc.) 4 lbs must be added to the factual draw weight.

For bows made from pure wood and glass-laminated bows without a bow saddle, 5 lbs must be subtracted from the factual draw weight.