

BPM	Live Weight									3 BPM
	1	1.25	1.5	1.75	2	2.25	2.5	2.75		
50	3,000	3,750	4,500	5,250	6,000	6,750	7,500	8,250	9,000	50
55	3,300	4,125	6,188	5,775	6,600	7,425	8,250	9,075	9,900	55
60	3,600	4,500	6,750	6,300	7,200	8,100	9,000	9,900	10,800	60
65	3,900	4,875	7,313	6,825	7,800	8,775	9,750	10,725	11,700	65
70	4,200	5,250	7,875	7,350	8,400	9,450	10,500	11,550	12,600	70
75	4,500	5,625	8,438	7,875	9,000	10,125	11,250	12,375	13,500	75
80	4,800	6,000	9,000	8,400	9,600	10,800	12,000	13,200	14,400	80
85	5,100	6,375	9,563	8,925	10,200	11,475	12,750	14,025	15,300	85
90	5,400	6,750	10,125	9,450	10,800	12,150	13,500	14,850	16,200	90
95	5,700	7,125	10,688	9,975	11,400	12,825	14,250	15,675	17,100	95
100	6,000	7,500	11,250	10,500	12,000	13,500	15,000	16,500	18,000	100
105	6,300	7,875	11,813	11,025	12,600	14,175	15,750	17,325	18,900	105
110	6,600	8,250	12,375	11,550	13,200	14,850	16,500	18,150	19,800	110
115	6,900	8,625	12,938	12,075	13,800	15,525	17,250	18,975	20,700	115
120	7,200	9,000	13,500	12,600	14,400	16,200	18,000	19,800	21,600	120
125	7,500	9,375	14,063	13,125	15,000	16,875	18,750	20,625	22,500	125
130	7,800	9,750	14,625	13,650	15,600	17,550	19,500	21,450	23,400	130
135	8,100	10,125	15,188	14,175	16,200	18,225	20,250	22,275	24,300	135
140	8,400	10,500	15,750	14,700	16,800	18,900	21,000	23,100	25,200	140
145	8,700	10,875	16,313	15,225	17,400	19,575	21,750	23,925	26,100	145
150	9,000	11,250	16,875	15,750	18,000	20,250	22,500	24,750	27,000	150
155	9,300	11,625	17,438	16,275	18,600	20,925	23,250	25,575	27,900	155
160	9,600	12,000	18,000	16,800	19,200	21,600	24,000	26,400	28,800	160
165	9,900	12,375	18,563	17,325	19,800	22,275	24,750	27,225	29,700	165
170	10,200	12,750	19,125	17,850	20,400	22,950	25,500	28,050	30,600	170
175	10,500	13,125	19,688	18,375	21,000	23,625	26,250	28,875	31,500	175
180	10,800	13,500	20,250	18,900	21,600	24,300	27,000	29,700	32,400	180
185	11,100	13,875	20,813	19,425	22,200	24,975	27,750	30,525	33,300	185
190	11,400	14,250	21,375	19,950	22,800	25,650	28,500	31,350	34,200	190
195	11,700	14,625	21,938	20,475	23,400	26,325	29,250	32,175	35,100	195
200	12,000	15,000	22,500	21,000	24,000	27,000	30,000	33,000	36,000	200
205	12,300	15,375	23,063	21,525	24,600	27,675	30,750	33,825	36,900	205
210	12,600	15,750	23,625	22,050	25,200	28,350	31,500	34,650	37,800	210
215	12,900	16,125	24,188	22,575	25,800	29,025	32,250	35,475	38,700	215
220	13,200	16,500	24,750	23,100	26,400	29,700	33,000	36,300	39,600	220
225	13,500	16,875	25,313	23,625	27,000	30,375	33,750	37,125	40,500	225
230	13,800	17,250	25,875	24,150	27,600	31,050	34,500	37,950	41,400	230
235	14,100	17,625	26,438	24,675	28,200	31,725	35,250	38,775	42,300	235
240	14,400	18,000	27,000	25,200	28,800	32,400	36,000	39,600	43,200	240
245	14,700	18,375	27,563	25,725	29,400	33,075	36,750	40,425	44,100	245
250	15,000	18,750	28,125	26,250	30,000	33,750	37,500	41,250	45,000	250
255	15,300	19,125	28,688	26,775	30,600	34,425	38,250	42,075	45,900	255
260	15,600	19,500	29,250	27,300	31,200	35,100	39,000	42,900	46,800	260
265	15,900	19,875	29,813	27,825	31,800	35,775	39,750	43,725	47,700	265
270	16,200	20,250	30,375	28,350	32,400	36,450	40,500	44,550	48,600	270
275	16,500	20,625	30,938	28,875	33,000	37,125	41,250	45,375	49,500	275
280	16,800	21,000	31,500	29,400	33,600	37,800	42,000	46,200	50,400	280
285	17,100	21,375	32,063	29,925	34,200	38,475	42,750	47,025	51,300	285
290	17,400	21,750	32,625	30,450	34,800	39,150	43,500	47,850	52,200	290
295	17,700	22,125	33,188	30,975	35,400	39,825	44,250	48,675	53,100	295
300	18,000	22,500	33,750	31,500	36,000	40,500	45,000	49,500	54,000	300
305	18,300	22,875	34,313	32,025	36,600	41,175	45,750	50,325	54,900	305
310	18,600	23,250	34,875	32,550	37,200	41,850	46,500	51,150	55,800	310
315	18,900	23,625	35,438	33,075	37,800	42,525	47,250	51,975	56,700	315
320	19,200	24,000	36,000	33,600	38,400	43,200	48,000	52,800	57,600	320

BPM	Live Weight									3 BPM
	1	1.25	1.5	1.75	2	2.25	2.5	2.75		
325	19,500	24,375	36,563	34,125	39,000	43,875	48,750	53,625	58,500	325
330	19,800	24,750	37,125	34,650	39,600	44,550	49,500	54,450	59,400	330
335	20,100	25,125	37,688	35,175	40,200	45,225	50,250	55,275	60,300	335
340	20,400	25,500	38,250	35,700	40,800	45,900	51,000	56,100	61,200	340
345	20,700	25,875	38,813	36,225	41,400	46,575	51,750	56,925	62,100	345
350	21,000	26,250	39,375	36,750	42,000	47,250	52,500	57,750	63,000	350
355	21,300	26,625	39,938	37,275	42,600	47,925	53,250	58,575	63,900	355
360	21,600	27,000	40,500	37,800	43,200	48,600	54,000	59,400	64,800	360
365	21,900	27,375	41,063	38,325	43,800	49,275	54,750	60,225	65,700	365
370	22,200	27,750	41,625	38,850	44,400	49,950	55,500	61,050	66,600	370
375	22,500	28,125	42,188	39,375	45,000	50,625	56,250	61,875	67,500	375
380	22,800	28,500	42,750	39,900	45,600	51,300	57,000	62,700	68,400	380
385	23,100	28,875	43,313	40,425	46,200	51,975	57,750	63,525	69,300	385
390	23,400	29,250	43,875	40,950	46,800	52,650	58,500	64,350	70,200	390
395	23,700	29,625	44,438	41,475	47,400	53,325	59,250	65,175	71,100	395
400	24,000	30,000	45,000	42,000	48,000	54,000	60,000	66,000	72,000	400
405	24,300	30,375	45,563	42,525	48,600	54,675	60,750	66,825	72,900	405
410	24,600	30,750	46,125	43,050	49,200	55,350	61,500	67,650	73,800	410
415	24,900	31,125	46,688	43,575	49,800	56,025	62,250	68,475	74,700	415
420	25,200	31,500	47,250	44,100	50,400	56,700	63,000	69,300	75,600	420
425	25,500	31,875	47,813	44,625	51,000	57,375	63,750	70,125	76,500	425
430	25,800	32,250	48,375	45,150	51,600	58,050	64,500	70,950	77,400	430
435	26,100	32,625	48,938	45,675	52,200	58,725	65,250	71,775	78,300	435
440	26,400	33,000	49,500	46,200	52,800	59,400	66,000	72,600	79,200	440
445	26,700	33,375	50,063	46,725	53,400	60,075	66,750	73,425	80,100	445
450	27,000	33,750	50,625	47,250	54,000	60,750	67,500	74,250	81,000	450
455	27,300	34,125	51,188	47,775	54,600	61,425	68,250	75,075	81,900	455
460	27,600	34,500	51,750	48,300	55,200	62,100	69,000	75,900	82,800	460
465	27,900	34,875	52,313	48,825	55,800	62,775	69,750	76,725	83,700	465
470	28,200	35,250	52,875	49,350	56,400	63,450	70,500	77,550	84,600	470
475	28,500	35,625	53,438	49,875	57,000	64,125	71,250	78,375	85,500	475
480	28,800	36,000	54,000	50,400	57,600	64,800	72,000	79,200	86,400	480
485	29,100	36,375	54,563	50,925	58,200	65,475	72,750	80,025	87,300	485
490	29,400	36,750	55,125	51,450	58,800	66,150	73,500	80,850	88,200	490
495	29,700	37,125	55,688	51,975	59,400	66,825	74,250	81,675	89,100	495
500	30,000	37,500	56,250	52,500	60,000	67,500	75,000	82,500	90,000	500

3.25	3.5	3.75	4	4.25	4.5	4.75	5
9,750	10,500	11,250	12,000	12,750	13,500	14,250	15,000
10,725	11,550	12,375	13,200	14,025	14,850	15,675	16,500
11,700	12,600	13,500	14,400	15,300	16,200	17,100	18,000
12,675	13,650	14,625	15,600	16,575	17,550	18,525	19,500
13,650	14,700	15,750	16,800	17,850	18,900	19,950	21,000
14,625	15,750	16,875	18,000	19,125	20,250	21,375	22,500
15,600	16,800	18,000	19,200	20,400	21,600	22,800	24,000
16,575	17,850	19,125	20,400	21,675	22,950	24,225	25,500
17,550	18,900	20,250	21,600	22,950	24,300	25,650	27,000
18,525	19,950	21,375	22,800	24,225	25,650	27,075	28,500
19,500	21,000	22,500	24,000	25,500	27,000	28,500	30,000
20,475	22,050	23,625	25,200	26,775	28,350	29,925	31,500
21,450	23,100	24,750	26,400	28,050	29,700	31,350	33,000
22,425	24,150	25,875	27,600	29,325	31,050	32,775	34,500
23,400	25,200	27,000	28,800	30,600	32,400	34,200	36,000
24,375	26,250	28,125	30,000	31,875	33,750	35,625	37,500
25,350	27,300	29,250	31,200	33,150	35,100	37,050	39,000
26,325	28,350	30,375	32,400	34,425	36,450	38,475	40,500
27,300	29,400	31,500	33,600	35,700	37,800	39,900	42,000
28,275	30,450	32,625	34,800	36,975	39,150	41,325	43,500
29,250	31,500	33,750	36,000	38,250	40,500	42,750	45,000
30,225	32,550	34,875	37,200	39,525	41,850	44,175	46,500
31,200	33,600	36,000	38,400	40,800	43,200	45,600	48,000
32,175	34,650	37,125	39,600	42,075	44,550	47,025	49,500
33,150	35,700	38,250	40,800	43,350	45,900	48,450	51,000
34,125	36,750	39,375	42,000	44,625	47,250	49,875	52,500
35,100	37,800	40,500	43,200	45,900	48,600	51,300	54,000
36,075	38,850	41,625	44,400	47,175	49,950	52,725	55,500
37,050	39,900	42,750	45,600	48,450	51,300	54,150	57,000
38,025	40,950	43,875	46,800	49,725	52,650	55,575	58,500
39,000	42,000	45,000	48,000	51,000	54,000	57,000	60,000
39,975	43,050	46,125	49,200	52,275	55,350	58,425	61,500
40,950	44,100	47,250	50,400	53,550	56,700	59,850	63,000
41,925	45,150	48,375	51,600	54,825	58,050	61,275	64,500
42,900	46,200	49,500	52,800	56,100	59,400	62,700	66,000
43,875	47,250	50,625	54,000	57,375	60,750	64,125	67,500
44,850	48,300	51,750	55,200	58,650	62,100	65,550	69,000
45,825	49,350	52,875	56,400	59,925	63,450	66,975	70,500
46,800	50,400	54,000	57,600	61,200	64,800	68,400	72,000
47,775	51,450	55,125	58,800	62,475	66,150	69,825	73,500
48,750	52,500	56,250	60,000	63,750	67,500	71,250	75,000
49,725	53,550	57,375	61,200	65,025	68,850	72,675	76,500
50,700	54,600	58,500	62,400	66,300	70,200	74,100	78,000
51,675	55,650	59,625	63,600	67,575	71,550	75,525	79,500
52,650	56,700	60,750	64,800	68,850	72,900	76,950	81,000
53,625	57,750	61,875	66,000	70,125	74,250	78,375	82,500
54,600	58,800	63,000	67,200	71,400	75,600	79,800	84,000
55,575	59,850	64,125	68,400	72,675	76,950	81,225	85,500
56,550	60,900	65,250	69,600	73,950	78,300	82,650	87,000
57,525	61,950	66,375	70,800	75,225	79,650	84,075	88,500
58,500	63,000	67,500	72,000	76,500	81,000	85,500	90,000
59,475	64,050	68,625	73,200	77,775	82,350	86,925	91,500
60,450	65,100	69,750	74,400	79,050	83,700	88,350	93,000
61,425	66,150	70,875	75,600	80,325	85,050	89,775	94,500
62,400	67,200	72,000	76,800	81,600	86,400	91,200	96,000

3.25	3.5	3.75	4	4.25	4.5	4.75	5
63,375	68,250	73,125	78,000	82,875	87,750	92,625	97,500
64,350	69,300	74,250	79,200	84,150	89,100	94,050	99,000
65,325	70,350	75,375	80,400	85,425	90,450	95,475	100,500
66,300	71,400	76,500	81,600	86,700	91,800	96,900	102,000
67,275	72,450	77,625	82,800	87,975	93,150	98,325	103,500
68,250	73,500	78,750	84,000	89,250	94,500	99,750	105,000
69,225	74,550	79,875	85,200	90,525	95,850	101,175	106,500
70,200	75,600	81,000	86,400	91,800	97,200	102,600	108,000
71,175	76,650	82,125	87,600	93,075	98,550	104,025	109,500
72,150	77,700	83,250	88,800	94,350	99,900	105,450	111,000
73,125	78,750	84,375	90,000	95,625	101,250	106,875	112,500
74,100	79,800	85,500	91,200	96,900	102,600	108,300	114,000
75,075	80,850	86,625	92,400	98,175	103,950	109,725	115,500
76,050	81,900	87,750	93,600	99,450	105,300	111,150	117,000
77,025	82,950	88,875	94,800	100,725	106,650	112,575	118,500
78,000	84,000	90,000	96,000	102,000	108,000	114,000	120,000
78,975	85,050	91,125	97,200	103,275	109,350	115,425	121,500
79,950	86,100	92,250	98,400	104,550	110,700	116,850	123,000
80,925	87,150	93,375	99,600	105,825	112,050	118,275	124,500
81,900	88,200	94,500	100,800	107,100	113,400	119,700	126,000
82,875	89,250	95,625	102,000	108,375	114,750	121,125	127,500
83,850	90,300	96,750	103,200	109,650	116,100	122,550	129,000
84,825	91,350	97,875	104,400	110,925	117,450	123,975	130,500
85,800	92,400	99,000	105,600	112,200	118,800	125,400	132,000
86,775	93,450	100,125	106,800	113,475	120,150	126,825	133,500
87,750	94,500	101,250	108,000	114,750	121,500	128,250	135,000
88,725	95,550	102,375	109,200	116,025	122,850	129,675	136,500
89,700	96,600	103,500	110,400	117,300	124,200	131,100	138,000
90,675	97,650	104,625	111,600	118,575	125,550	132,525	139,500
91,650	98,700	105,750	112,800	119,850	126,900	133,950	141,000
92,625	99,750	106,875	114,000	121,125	128,250	135,375	142,500
93,600	100,800	108,000	115,200	122,400	129,600	136,800	144,000
94,575	101,850	109,125	116,400	123,675	130,950	138,225	145,500
95,550	102,900	110,250	117,600	124,950	132,300	139,650	147,000
96,525	103,950	111,375	118,800	126,225	133,650	141,075	148,500
97,500	105,000	112,500	120,000	127,500	135,000	142,500	150,000