



Model	Outer Dia D (mm)	Inner Dia d (mm)	Free Length L (mm)	Spring Const (kgf/mm)	0.3 million		0.5 million		1 million	
					Deflection F (mm)	Load kgf(N)	Deflection F (mm)	Load kgf(N)	Deflection F (mm)	Load kgf(N)
SH 8 × 10	8	4	10	8.80	2.4	21	2.2	19	1.9	17
			15	5.86	3.6		3.2		2.9	
			20	4.40	4.8		4.3		3.8	
			25	3.52	6.0		5.4		4.8	
			30	2.93	7.2		6.5		5.8	
			35	2.51	8.4		7.6		6.7	
			40	2.20	9.6		8.6		7.7	
			45	1.95	10.8		9.7		8.6	
			50	1.76	12.0		10.8		9.6	
			55	1.60	13.2		11.9		10.6	
			60	1.47	14.4		13.0		11.5	
			65	1.35	15.6		14.0		12.5	
			70	1.26	16.8		15.1		13.4	
			75	1.17	18.0		16.2		14.4	
80	1.10	19.2	17.3	15.4						
90	0.98	21.6	19.4	17.3						
SH 10 × 10	10	5	10	12.27	2.4	30	2.2	27	1.9	24
			15	8.18	3.6		3.3		2.9	
			20	6.25	4.8		4.3		3.8	
			25	5.00	6.0		5.4		4.8	
			30	4.16	7.2		6.5		5.8	
			35	3.57	8.4		7.6		6.7	
			40	3.15	9.6		8.6		7.7	
			45	2.77	10.8		9.7		8.6	
			50	2.50	12.0		10.8		9.6	
			55	2.27	13.2		11.9		10.6	
			60	2.08	14.4		13.0		11.5	
			65	1.92	15.6		14.0		12.5	
			70	1.79	16.8		15.1		13.4	
			75	1.67	18.0		16.2		14.4	
80	1.56	19.2	17.3	15.4						
90	1.39	21.6	19.4	17.3						
100	1.25	24.0	21.6	19.2						

Model	Outer Dia D (mm)	Inner Dia d (mm)	Free Length L (mm)	Spring Const (kgf/mm)	0.3 million		0.5 million		1 million	
					Deflection F (mm)	Load kgf(N)	Deflection F (mm)	Load kgf(N)	Deflection F (mm)	Load kgf(N)
SH 12 × 20	12	6	20	8.90	4.8	43	4.3	38	3.8	34
			25	7.10	6.0		5.4		4.8	
			30	5.97	7.2		6.5		5.8	
			35	5.11	8.4		7.6		6.7	
			40	4.47	9.6		8.6		7.7	
			45	3.98	10.8		9.7		8.6	
			50	3.58	12.0		10.8		9.6	
			55	3.25	13.2		11.9		10.6	
			60	2.98	14.4		13.0		11.5	
			65	2.74	15.6		14.0		12.5	
			70	2.54	16.8		15.1		13.4	
			75	2.37	18.0		16.2		14.4	
			80	2.21	19.2		17.3		15.4	
			90	1.98	21.6		19.4		17.3	
100	1.78	24.0	21.6	19.2						
SH 14 × 20	14	7	20	12.05	4.8	59	4.4	53	3.8	47
			25	9.83	6.0		5.4		4.8	
			30	8.19	7.2		6.5		5.8	
			35	7.02	8.4		7.6		6.7	
			40	6.14	9.6		8.6		7.7	
			45	5.46	10.8		9.7		8.6	
			50	4.91	12.0		10.8		9.6	
			55	4.46	13.2		11.9		10.6	
			60	4.09	14.4		13.0		11.5	
			65	3.78	15.6		14.0		12.5	
			70	3.51	16.8		15.1		13.4	
			75	3.27	18.0		16.2		14.4	
			80	3.07	19.2		17.3		15.4	
			90	2.72	21.6		19.4		17.3	
100	2.46	24.0	21.6	19.2						
125	1.97	30.0	27.0	24.0						
SH 16 × 20	16	8	20	15.68	4.8	77	4.4	69	3.8	62
			25	12.83	6.0		5.4		4.8	
			30	10.69	7.2		6.5		5.8	
			35	9.16	8.4		7.6		6.7	
			40	8.02	9.6		8.6		7.7	
			45	7.12	10.8		9.7		8.6	
			50	6.41	12.0		10.8		9.6	
			55	5.83	13.2		11.9		10.6	
			60	5.34	14.4		13.0		11.5	
			65	4.93	15.6		14.0		12.5	
			70	4.58	16.8		15.1		13.4	
			75	4.28	18.0		16.2		14.4	
			80	4.01	19.2		17.3		15.4	
			90	3.57	21.6		19.4		17.3	
100	3.21	24.0	21.6	19.2						
125	2.57	30.0	27.0	24.0						

Model	Outer Dia D (mm)	Inner Dia d (mm)	Free Length L (mm)	Spring Const (kgf/mm)	0.3 million		0.5 million		1 million	
					Deflection F (mm)	Load kgf(N)	Deflection F (mm)	Load kgf(N)	Deflection F (mm)	Load kgf(N)
SH 18 × 20	18	9	20	19.77	4.8	97	4.4	87	3.8	78
			25	16.16	6.0		5.4		4.8	
			30	13.47	7.2		6.5		5.8	
			35	11.54	8.4		7.6		6.7	
			40	10.10	9.6		8.6		7.7	
			45	8.98	10.8		9.7		8.6	
			50	8.08	12.0		10.8		9.6	
			55	7.34	13.2		11.9		10.6	
			60	6.73	14.4		13.0		11.5	
			65	6.21	15.6		14.0		12.5	
			70	5.77	16.8		15.1		13.4	
			75	5.39	18.0		16.2		14.4	
			80	5.05	19.2		17.3		15.4	
			90	4.50	21.6		19.4		17.3	
			100	4.04	24.0		21.6		19.2	
125	3.23	30.0	27.0	24.0						
SH 20 × 20	20	10	20	24.55	4.8	120	4.4	108	3.7	96
			25	20.00	6.0		5.4		4.8	
			30	16.66	7.2		6.5		5.8	
			35	14.28	8.4		7.6		6.7	
			40	12.50	9.6		8.6		7.7	
			45	11.11	10.8		9.7		8.6	
			50	10.00	12.0		10.8		9.6	
			55	9.09	13.2		11.9		10.6	
			60	8.33	14.4		13.0		11.5	
			65	7.69	15.6		14.0		12.5	
			70	7.14	16.8		15.1		13.4	
			75	6.67	18.0		16.2		14.4	
			80	6.25	19.2		17.3		15.4	
			90	5.55	21.6		19.4		17.3	
			100	5.00	24.0		21.6		19.2	
125	4.00	30.0	27.0	24.0						
150	3.33	36.0	32.4	28.8						
175	2.86	42.0	37.8	33.6						
SH 22 × 25	22	11	25	24.16	6.0	145	5.4	130	4.8	116
			30	20.13	7.2		6.5		5.8	
			35	17.30	8.4		7.6		6.7	
			40	15.10	9.6		8.6		7.7	
			45	13.40	10.8		9.7		8.6	
			50	12.08	12.0		10.8		9.6	
			55	10.94	13.2		11.9		10.6	
			60	10.06	14.4		13.0		11.5	
			65	9.28	15.6		14.0		12.5	
			70	8.63	16.8		15.1		13.4	
75	8.04	18.0	16.2	14.4						
80	7.55	19.2	17.3	15.4						

Model	Outer Dia D (mm)	Inner Dia d (mm)	Free Length L (mm)	Spring Const (kgf/mm)	0.3 million		0.5 million		1 million	
					Deflection F (mm)	Load kgf(N)	Deflection F (mm)	Load kgf(N)	Deflection F (mm)	Load kgf(N)
SH 22 × 90	22	11	90	6.71	21.6	145	19.4	130	17.3	116
			100	6.04	24.0		21.6		19.2	
			125	4.83	30.0		27.0		24.0	
			150	4.02	36.0		32.4		28.8	
			175	3.45	42.0		37.8		33.6	
SH 25 × 25	25	12.5	25	31.20	6.0	187	5.4	169	4.8	150
			30	25.97	7.2		6.5		5.8	
			35	22.38	8.4		7.6		6.7	
			40	19.47	9.6		8.6		7.7	
			45	17.40	10.8		9.7		8.6	
			50	15.58	12.0		10.8		9.6	
			55	14.20	13.2		11.9		10.6	
			60	12.98	14.4		13.0		11.5	
			65	12.00	15.6		14.0		12.5	
			70	11.13	16.8		15.1		13.4	
			75	10.40	18.0		16.2		14.4	
			80	9.73	19.2		17.3		15.4	
			90	8.65	21.6		19.4		17.3	
			100	7.79	24.0		21.6		19.2	
			125	6.23	30.0		27.0		24.0	
			150	5.20	36.0		32.4		28.8	
			175	4.46	42.0		37.8		33.6	
200	3.90	48.0	43.2	38.4						
SH 27 × 25	27	13.5	25	36.40	6.0	219	5.4	197	4.8	175
			30	30.41	7.2		6.5		5.8	
			35	26.20	8.4		7.6		6.7	
			40	22.81	9.6		8.6		7.7	
			45	20.30	10.8		9.7		8.6	
			50	18.25	12.0		10.8		9.6	
			55	16.50	13.2		11.9		10.6	
			60	15.20	14.4		13.0		11.5	
			65	14.00	15.6		14.0		12.5	
			70	13.03	16.8		15.1		13.4	
			75	12.10	18.0		16.2		14.4	
			80	11.40	19.2		17.3		15.4	
			90	10.13	21.6		19.4		17.3	
			100	9.12	24.0		21.6		19.2	
			125	7.30	30.0		27.0		24.0	
			150	6.08	36.0		32.4		28.8	
			175	5.21	42.0		37.8		33.6	
200	4.56	48.0	43.2	38.4						
SH 30 × 25	30	15	25	45.00	6.0	270	5.4	243	4.8	216
			30	37.50	7.2		6.5		5.8	
			35	32.26	8.4		7.6		6.7	
			40	28.12	9.6		8.6		7.7	
			45	25.00	10.8		9.7		8.6	

Model	Outer Dia D (mm)	Inner Dia d (mm)	Free Length L (mm)	Spring Const (kgf/mm)	0.3 million		0.5 million		1 million	
					Deflection F (mm)	Load kgf(N)	Deflection F (mm)	Load kgf(N)	Deflection F (mm)	Load kgf(N)
SH 30 × 50	30	15	50	22.50	12.0	270	10.8	243	9.6	216
			55	20.40	13.2		11.9		10.6	
			60	18.75	14.4		13.0		11.5	
			65	17.30	15.6		14.0		12.5	
			70	16.07	16.8		15.1		13.4	
			75	15.00	18.0		16.2		14.4	
			80	14.06	19.2		17.3		15.4	
			90	12.50	21.6		19.4		17.3	
			100	11.25	24.0		21.6		19.2	
			125	9.00	30.0		27.0		24.0	
			150	7.50	36.0		32.4		28.8	
			175	6.42	42.0		37.8		33.6	
200	5.62	48.0	43.2	38.4						
SH 35 × 35	35	17.5	35	43.68	8.4	367	7.6	330	6.7	293
			40	38.22	9.6		8.6		7.7	
			45	33.98	10.8		9.7		8.6	
			50	30.58	12.0		10.8		9.6	
			55	27.80	13.2		11.9		10.6	
			60	25.48	14.4		13.0		11.5	
			65	23.53	15.6		14.0		12.5	
			70	21.84	16.8		15.1		13.4	
			75	20.39	18.0		16.2		14.4	
			80	19.11	19.2		17.3		15.4	
			90	16.99	21.6		19.4		17.3	
			100	15.29	24.0		21.6		19.2	
125	12.23	30.0	27.0	24.0						
150	10.19	36.0	32.4	28.8						
175	8.73	42.0	37.8	33.6						
200	7.64	48.0	43.2	38.4						
SH 40 × 40	40	20	40	50.00	9.6	480	8.6	432	7.7	384
			45	44.44	10.8		9.7		8.6	
			50	40.00	12.0		10.8		9.6	
			55	36.36	13.2		11.9		10.6	
			60	33.33	14.4		13.0		11.5	
			65	30.77	15.6		14.0		12.5	
			70	28.57	16.8		15.1		13.4	
			75	26.67	18.0		16.2		14.4	
			80	25.00	19.2		17.3		15.4	
			90	22.22	21.6		19.4		17.3	
			100	20.00	24.0		21.6		19.2	
			125	16.00	30.0		27.0		24.0	
			150	13.33	36.0		32.4		28.8	
			175	11.42	42.0		37.8		33.6	
			200	10.00	48.0		43.2		38.4	
			225	8.89	54.0		48.6		43.2	
250	8.00	60.0	54.0	48.0						
275	7.27	66.0	59.4	52.8						
300	6.67	72.0	64.8	57.6						

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					Deflection F (mm)	Load kgf(N)	Deflection F (mm)	Load kgf(N)	Deflection F (mm)	Load kgf(N)
SH 50 × 50	50	25	50	62.50	12.0	750	10.8	675	9.6	600
55			55	56.82	13.2		11.9		10.6	
60			60	52.08	14.4		13.0		11.5	
65			65	48.08	15.6		14.0		12.5	
70			70	44.64	16.8		15.1		13.4	
75			75	41.67	18.0		16.2		14.4	
80			80	39.06	19.2		17.3		15.4	
90			90	34.72	21.6		19.4		17.3	
100			100	31.25	24.0		21.6		19.2	
125			125	25.00	30.0		27.0		24.0	
150			150	20.83	36.0		32.4		28.8	
175			175	17.85	42.0		37.8		33.6	
200			200	15.62	48.0		43.2		38.4	
225			225	13.89	54.0		48.6		43.2	
250			250	12.50	60.0		54.0		48.0	
275			275	11.36	66.0		59.4		52.8	
300			300	10.41	72.0		64.8		57.6	
350	350	8.93	84.0	75.6	67.2					
SH 60 × 60	60	30	60	75.00	14.4	1080	13.0	973	11.5	864
70			70	64.28	16.8		15.1		13.4	
80			80	56.25	19.2		17.3		15.4	
90			90	50.00	21.6		19.4		17.3	
100			100	45.00	24.0		21.6		19.2	
125			125	36.00	30.0		27.0		24.0	
150			150	30.00	36.0		32.4		28.8	
175			175	25.71	42.0		37.8		33.6	
200			200	22.50	48.0		43.2		38.4	
225			225	20.00	54.0		48.6		43.2	
250			250	18.00	60.0		54.0		48.0	
275			275	16.36	66.0		59.4		52.8	
300			300	15.00	72.0		64.8		57.6	
350			350	12.86	84.0		75.6		67.2	



Order Example

TYPE	D	L
SH	- D25	- L100