



Buying a recurve bow - a quick guide

Shopping list

Bow essentials

- Riser
- Limbs
- String
- Nocking points
- Arrow rest
- Arrows

Bow extras

- Sight
- Stabilizer
- Plunger/button
- Clicker (optional)

Protection

- Armguard
- Tab
- Finger/wrist sling
- Chest guard (optional)

Accessories

- Bow stringer
- Quiver
- Bag or case
- Bow stand
- String wax

Bow specs

Draw weight LBS

Draw length Inches

Archers profile	Draw length		
	< 27 inch	27 – 28 inch	> 28 inch
Small children	16 LBS	x	x
Larger children	18 LBS	16 LBS	x
Teenage female	22 LBS	20 LBS	18 LBS
Teenage male	24 LBS	22 LBS	20 LBS
Female	26 LBS	24 LBS	22 LBS
Male	28 LBS	26 LBS	24 LBS

Draw length	Bow length
26 inches or less	Short
27 till 28 inches	Medium
29 till 30 inches	Long

Arrow spine

Idea spine weight



Draw weight	Point weight				Arrow length												
	75	100	125	150	20	21	22	23	24	25	26	27	28	29	30	31	32
	10-15					2000	2000	1800	1500	1200	1000	900	800	800	700	700	600
15-20	10-15				2000	1800	1500	1200	1000	900	800	800	700	700	600	600	600
20-25	15-20	10-15			1800	1500	1200	1000	900	800	800	700	700	600	600	600	500
25-30	20-25	15-20	10-15		1500	1200	1000	900	800	800	700	700	600	600	600	500	500
30-35	25-30	20-25	15-20		1200	1000	900	800	800	700	700	600	600	600	500	500	500
35-40	30-35	25-30	20-25		1000	900	800	800	700	700	600	600	600	500	500	500	400
40-45	35-40	30-35	25-30		900	800	800	700	700	600	600	600	500	500	500	400	400
45-50	40-45	35-40	30-35		800	800	700	700	600	600	600	500	500	500	400	400	400
50-55	45-50	40-45	35-40		800	700	700	600	600	600	500	500	500	400	400	400	350
55-60	50-55	45-50	40-45		700	700	600	600	600	500	500	500	400	400	400	350	350
60-65	55-60	50-55	45-50		700	600	600	600	500	500	500	400	400	400	350	350	300
65-70	60-65	55-60	50-55		600	600	600	500	500	500	400	400	400	350	350	300	300
70-75	65-70	60-65	55-60		600	600	500	500	500	400	400	400	350	350	300	300	300
75-80	70-75	65-70	60-65		600	500	500	500	400	400	400	350	350	300	300	300	250
80-85	75-80	70-75	65-70		500	500	500	400	400	400	350	350	300	300	300	250	250
	80-85	75-80	70-75		500	500	400	400	400	350	350	300	300	300	250	250	200
		80-85	75-80		500	400	400	400	350	350	300	300	300	250	250	200	200
			80-85		400	400	400	350	350	300	300	300	250	250	200	200	200

For a step by step guide visit: <https://improveyourarchery.com/buying-a-recurve-bow>