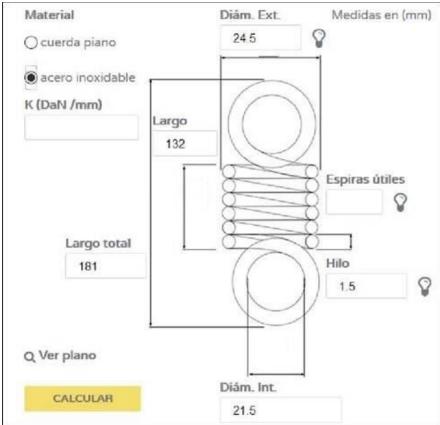


How to choose the arm machine spring

The distance of the fixation in the machine arm is 75mm.

Although, the most recommended is to get the biggest spring you find and play around with the distance of fixation in the arm



We have used a spring like the one on the left **k** (**DaN/mm**) 0.0117 approx.