





Code	D _o	\mathbf{D}_{i}	Lo	R	!	Α	<u></u>	В	↓	С	E	
型号	Outside	Inside	Free	Spring	\$ 19	2% L ₀	§ 21	.6% L	\$ 24	1% L		
	Diameter	Diameter	Length 自由长度	Constant		_ / O _ L U	\$ "	. O / O E ()		1 / U LU	approx.	
	外径	内径	日田大度	弹簧定数 ± 10%	1.000.00	n eveloe	500 000	O cycles	300 000	O cycles	do not use	
	mm	mm	mm	Kgf/mm	mm	Kgf (N)	mm	Kgf (N)	mm	Kaf (N)	mm	Pcs
SH 10 - 020			20	6.25	3.8	1-51 (1-)	4.3		4.8	1.3. (1.1)	5.6	50
SH 10 - 025			25	5.00	4.8		5.4		6.0		7.0	50
SH 10 - 030			30	4.16	5.8		6.5		7.2		8.4	50
SH 10 - 035			35	3.57	6.7		7.5		8.4		9.8	50
SH 10 - 040 SH 10 - 045			40 45	3.15 2.77	7.7 8.6		8.6 9.7		9.6 10.8		11.2 12.6	50 50
SH 10 - 050	10	5	50	2.50	9.6	24	10.8	27	12.0	30	14.0	25
SH 10 - 055			55	2.27	10.6	(235)	11.8	(265)	13.2	(294)	15.4	25
SH 10 - 060			60 65	2.08	11.5		13.0		14.4		16.8	25
SH 10 - 065 SH 10 - 070			70	1.92 1.79	12.5 13.4		14.0 15.1	_	15.6 16.8		18.2 19.6	25 25
SH 10 - 075			75	1.67	14.4		16.2		18.0		21.0	25
SH 10 - 080			80	1.56	15.4	C	17.3		19.2		22.4	25
SH 12 - 020			20	8.90	3.8		4.3		4.8		5.6	50
SH 12 - 025			25	7.10	4.8	34 (333)	5.4		6.0		7.0	50
SH 12 - 030			30	5.97	5.8		6.5		7.2		8.4	50
SH 12 - 035 SH 12 - 040)40)45		35 40	5.11 4.47	6.7 7.7		7.5 8.6		8.4 9.6		9.8 11.2	50 50
SH 12 - 045			45	3.98	8.6		9.7		10.8		12.6	50
SH 12 - 050		6	50	3.58	9.6		10.8	38	12.0	43 (422)	14.0	25
SH 12 - 055			55	3.25	10.6		11.8	(373)	13.2	(422)	15.4	25
SH 12 - 060 SH 12 - 065			60 65	2.98	11.5 12.5		13.0 14.0		14.4 15.6		16.8 18.2	25 25
SH 12 - 070		4	70	2.54	13.4		15.1		16.8		19.6	25
SH 12 - 075			75	2.37	14.4		16.2		18.0		21.0	25
SH 12 - 080			80	2.21	15.4		17.3		19.2		22.4	25
SH 14 - 025			25	9.83			5.4		6.0		7.0	50
SH 14 - 030			30	8.19	4.8		6.5		7.2	 	8.4	50
SH 14 - 035			35	7.02	5.8		7.5		8.4		9.8	50
SH 14 - 040 SH 14 - 045			40 45	6.14 5.46	6.7 7.7	47 (461)	8.6 9.7		9.6 10.8		11.2 12.6	50 25
SH 14 - 050			50	4.91	8.6		10.8		12.0		14.0	25
SH 14 - 055	14	7	55	4.46	9.6		11.8	53 (520)	13.2	59 (579)	15.4	25
SH 14 - 060			60	4.09	10.6	(401)	13.0	(320)	14.4	(379)	16.8	25
SH 14 - 065 SH 14 - 070			65 70	3.78 3.51	11.5 12.5		14.0 15.1		15.6 16.8		18.2 19.6	25 25
SH 14 - 075			75	3.27	13.4		16.2		18.0		21.0	25
SH 14 - 080			80	3.07	14.4		17.3		19.2		22.4	20
SH 14 - 090			90	2.72	15.4		19.4		21.6		25.2	20
SH 16 - 025			25	12.83	17.3		5.4		6.0	I	7.0	50
SH 16 - 030		30 10.69 4.8 35 9.16 5.8					6.5		7.2		8.4	50
SH 16 - 035			62	7.5	69	8.4	77	9.8	50			
SH 16 - 040	16	8	40	8.02	6.7	(608)	8.6	(677)	9.6	(755)	11.2	25
SH 16 - 045 SH 16 - 050			45 50	7.12 6.41	7.7 8.6		9.7 10.8	, ,	10.8 12.0	/	12.6 14.0	25 25
SH 16 - 055			55	5.83	9.6		11.8		13.2		15.4	25

系列 **SERIES** SH

Code	D _o	D _i	Lo	R		Α	1	В	Ţ	С	E	
型号	Outside Diameter		: " :	Spring Constant	W 19.	2% L ₀	21.	6% L ₀	2 4	ŀ% L₀		
	外径	内径	自由长度	弹簧定数 ± 10%	1.000.00	0 cycles	500.000	cvcles	300.000) cycles	do not use	
	mm	mm	mm	Kgf/mm	mm	Kgf (N)	mm	Kgf (N)	mm	Kgf (N)	mm	Pcs
SH 16 - 060 SH 16 - 065 SH 16 - 070 SH 16 - 075 SH 16 - 080 SH 16 - 090 SH 16 - 100	16	8	60 65 70 75 80 90 100	5.34 4.93 4.58 4.28 4.01 3.57 3.21	10.6 11.5 12.5 13.4 14.4 15.4 17.3	62 (608)	13.0 14.0 15.1 16.2 17.3 19.4 21.6	69 (677)	14.4 15.6 16.8 18.0 19.2 21.6 24.0	77 (755)	16.8 18.2 19.6 21.0 22.4 25.2 28.0	25 25 20 20 20 20 20 20
SH 18 - 025 SH 18 - 030 SH 18 - 035 SH 18 - 040 SH 18 - 045 SH 18 - 055 SH 18 - 060 SH 18 - 065 SH 18 - 070 SH 18 - 075 SH 18 - 080 SH 18 - 090 SH 18 - 100	18	9	25 30 35 40 45 50 55 60 65 70 75 80 90 100	16.16 13.47 11.54 10.10 8.98 8.08 7.34 6.73 6.21 5.77 5.39 5.05 4.50 4.04	4.8 5.8 6.7 7.7 8.6 9.6 10.6 11.5 12.5 13.4 14.4 15.4 17.3 19.2	78 (765)	5.4 6.5 7.5 8.6 9.7 10.8 11.8 13.0 14.0 15.1 16.2 17.3 19.4 21.6	87 (853)	6.0 7.2 8.4 9.6 10.8 12.0 13.2 14.4 15.6 16.8 18.0 19.2 21.6 24.0	97 (951)	7.0 8.4 9.8 11.2 12.6 14.0 15.4 16.8 18.2 19.6 21.0 22.4 25.2 28.0	50 50 25 25 25 25 25 25 25 25 25 25
SH 20 - 025 SH 20 - 030 SH 20 - 040 SH 20 - 045 SH 20 - 055 SH 20 - 065 SH 20 - 065 SH 20 - 070 SH 20 - 075 SH 20 - 070 SH 20 - 080 SH 20 - 090 SH 20 - 100 SH 20 - 125 SH 20 - 150	20	10	25 30 35 40 45 50 55 60 65 70 75 80 90 100 125 150	20.00 16.66 14.28 12.50 11.11 10.00 9.09 8.33 7.69 7.14 6.67 6.25 5.55 5.00 4.00 3.33	4.8 5.8 6.7 7.7 8.6 9.6 10.6 11.5 12.5 13.4 14.4 15.4 17.3 19.2 24.0 28.8	96 (941)	5.4 6.5 7.5 8.6 9.7 10.8 11.8 13.0 14.0 15.1 16.2 17.3 19.4 21.6 27.0 32.4	108 (1.059)	6.0 7.2 8.4 9.6 10.8 12.0 13.2 14.4 15.6 16.8 18.0 19.2 21.6 24.0 30.0 36.0	120 (1.177)	7.0 8.4 9.8 11.2 12.6 14.0 15.4 16.8 18.2 19.6 21.0 22.4 25.2 28.0 35.0 42.0	50 50 25 25 25 25 25 25 25 25 25 25 20 20 10
SH 22 - 025 SH 22 - 030 SH 22 - 035 SH 22 - 040 SH 22 - 045 SH 22 - 050 SH 22 - 060 SH 22 - 065 SH 22 - 070 SH 22 - 075 SH 22 - 075 SH 22 - 080 SH 22 - 090 SH 22 - 100 SH 22 - 125 SH 22 - 150	22	11	25 30 35 40 45 50 55 60 65 70 75 80 90 100 125 150	24.16 20.13 17.30 15.10 13.40 12.08 10.94 10.06 9.28 8.63 8.04 7.55 6.71 6.04 4.83 4.02	4.8 5.8 6.7 7.7 8.6 9.6 10.6 11.5 12.5 13.4 14.4 15.4 17.3 19.2 24.0 28.8	116 (1.138)	5.4 6.5 7.5 8.6 9.7 10.8 11.8 13.0 14.0 15.1 16.2 17.3 19.4 21.6 27.0 32.4	130 (1.275)	6.0 7.2 8.4 9.6 10.8 12.0 13.2 14.4 15.6 16.8 18.0 19.2 21.6 24.0 30.0 36.0	145 (1.422)	7.0 8.4 9.8 11.2 12.6 14.0 15.4 16.8 18.2 19.6 21.0 22.4 25.2 28.0 35.0 42.0	50 25 25 25 25 25 25 25 25 20 20 20 20 20 10

SH JIS



Code	Do	Di	Lo	R	\$	Α	<u></u>	В	1	C	E		
型号	Outside Diameter	Inside Diameter	Free	Spring Constant	\$19	2% L ₀	§ 21	.6% L ₀	2 24	4% L ₀		!	
	外径	内径	自由长度	弹簧定数			\$		\$		approx.		
	na na	120 120	122 122	± 10%		00 cycles	T	O cycles	,	O cycles	do not use	Doo	
011.05	mm	mm	mm	Kgf/mm	mm	Kgf (N)	mm	Kgf (N)	mm	Kgf (N)	mm	Pcs	
SH 25 - 025 SH 25 - 030		25 30	31.20 25.97	4.8 5.8		5.4 6.5		6.0 7.2		7.0 8.4	50 25		
SH 25 - 035			35	22.38	6.7		7.5		8.4		9.8	25	
SH 25 - 040			40	19.47	7.7		8.6		9.6		11.2	25	
SH 25 - 045			45	17.40	8.6		9.7		10.8		12.6	25	
SH 25 - 050			50	15.58	9.6		10.8		12.0		14.0	25	
SH 25 - 055			55	14.20	10.6		11.9		13.2		15.4	25	
SH 25 - 060 SH 25 - 065	25	12.5	60 65	12.98 12.00	11.5 12.5	150	13.0 14.0	169	14.4 15.6	187	16.8 18.2	25 25	
SH 25 - 003	25	12.5	70	11.13	13.4	(1,471)	15.1	(1,657)	19.8	(1,834)	19.6	20	
SH 25 - 075			75	10.40	14.4		16.2		18.0		21.0	20	
SH 25 - 080			80	9.73	15.4		17.3		16.2		22.4	20	
SH 25 - 090			90	8.65	17.3		19.4		21.6		25.2	20	
SH 25 - 100			100	7.79	19.2		21.6		24.0		28.0	20	
SH 25 - 125			125	6.23	24.0		27.0		30.0		35.0	10	
SH 25 - 150 SH 25 - 175			150 175	5.20 4.46	28.8 33.6		32.4 37.8		36.0 42.0		42.0 49.0	10 10	
SH 25 - 1/5			1/5	4.40	33.0		37.0		42.0		49.0	10	
SH 27 - 025		25	36.40	4.8		5.4		6.0		7.0	20		
SH 27 - 030			30	30.41	5.8		6.5		7.2		8.4	20	
SH 27 - 035			35	26.20	6.7		7.5		8.4		9.8	20	
SH 27 - 040			40	22.81	7.7		8.6		9.6		11.2	20	
SH 27 - 045			45	20.30	8.6		9.7		10.8		12.6	20	
SH 27 - 050 SH 27 - 055			50 55	18.25 16.50	9.6 10.6	175 (1,716)	10.8 11.9		12.0 13.2		14.0 15.4	20 20	
SH 27 - 060			60	15.20	11.5		13.0		14.4		16.8	20	
SH 27 - 065	27	13.5	65	14.00	12.5		14.0	197 (1,932)	15.6	219	18.2	20	
SH 27 - 070			70	13.03	13.4		15.1		16.8	(2,150)	19.6	20	
SH 27 - 075			75	12.10	14.4		16.2		18.0		21.0	20	
SH 27 - 080			80	11.40	15.4		17.3		19.2		22.4	10	
SH 27 - 090			90	10.13	17.3		19.4		21.6		25.2	10	
SH 27 - 100 SH 27 - 125			100 125	9.12 7.30	19.2 24.0		21.6 27.0		24.0 30.0		28.0 35.0	10 10	
SH 27 - 150			150	6.08	28.8		32.4		36.0		42.0	10	
SH 27 - 175			175	5.21	33.6		37.8		42.0		49.0	5	
					4								
SH 30 - 025			25	45.00	4.8		5.4		6.0		7.0	20	
SH 30 - 030				30	37.50	5.8		6.5		7.2		8.4	20
SH 30 - 035 SH 30 - 040			35 40	32.26 28.12	6.7 7.7		7.5 8.6		8.4 9.6		9.8 11.2	20 20	
SH 30 - 045			45	25.00	8.6		9.7		10.8		12.6	20	
SH 30 - 050			50	22.50	9.6		10.8		12.0		14.0	20	
SH 30 - 055			55	20.40	10.6		11.9		13.2		15.4	20	
SH 30 - 060		4	60	18.75	11.5		13.0		14.4		16.8	20	
SH 30 - 065	30	15	65	17.30	12.5	216	14.0	243	15.6	270	18.2	20	
SH 30 - 070			70	16.07	13.4	(2,120)	15.1	(2,380)	16.8	(2,550)	19.6	20	
SH 30 - 075 SH 30 - 080			75 80	15.00 14.06	14.4 15.4		16.2 17.3		18.0 19.2		21.0 22.4	20 10	
SH 30 - 090			90	12.50	17.3		17.3		21.6		25.2	10	
SH 30 - 100			100	11.25	19.2		21.6		24.0		28.0	10	
SH 30 - 125			125	9.00	24.0		27.0		30.0		35.0	10	
SH 30 - 150			150	7.50	28.8		32.4		36.0		42.0	10	
SH 30 - 175			175	6.42	33.6		37.8		42.0		49.0	5	
SH 30 - 200			200	5.62	38.4		43.2		48.0		56.0	5	

系列 **SERIES** SH

Code	Do	Di	Lo	R		Α	<u></u>	В	↓	С	E			
型号	Outside Diameter	Inside Diameter	Free Length	Spring Constant		2% L ₀	8 21.	.6% L ₀	2 4	ŀ% L ₀	approx.			
	外径	内径	自由长度	弹簧定数 ± 10%	1.000.00	0 cycles	500.000) cycles	300.000) cvcles	do not use			
	mm	mm	mm	Kgf/mm	mm	Kgf (N)	mm	Kgf (N)	mm	Kgf (N)	mm	Pcs		
SH 35 - 040 SH 35 - 045 SH 35 - 050 SH 35 - 055 SH 35 - 060	5 0 5 0 0 5 5 5 5 35 0 0 0 0 0 0 0 0 0 0		40 45 50 55	38.22 33.98 30.58 27.80	7.7 8.6 9.6 10.5		8.6 9.7 10.8 11.9	330 (3,240)	9.6 10.8 12.0 13.2 14.4		11.2 12.6 14.0 15.4 16.8	20 20 20 10 10		
SH 35 - 065 SH 35 - 070 SH 35 - 075 SH 35 - 080		17.5	60 65 70 75 80	25.48 23.53 21.84 20.39 19.11	11.5 12.5 13.4 14.4 15.4	293 (2,870)	13.0 14.0 15.1 16.2 17.3		15.6 16.8 18.0 19.2	367 (3,600)	18.2 19.6 21.0 22.4	10 10 10 10		
SH 35 - 090 SH 35 - 100 SH 35 - 125 SH 35 - 150 SH 35 - 175			90 100 125 150 175	16.99 15.29 12.23 10.19 8.73	17.3 19.2 24.0 28.8 33.6	,	19.4 21.6 27.0 32.4 37.8		21.6 24.0 30.0 36.0 42.0		25.2 28.0 35.0 42.0 49.0	10 10 5 5		
SH 35 - 200			200	7.64	38.4		43.2		48.0		56.0	5		
SH 40 - 040 SH 40 - 045	5 5 6 7 7 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9		40 45	50.00 44.48	7.7 8.6		8.6 9.7	432	9.6 10.8	480 (4,710)	11.2 12.6	20 20		
SH 40 - 050 SH 40 - 055 SH 40 - 060			50 55 60	40.00 36.39 33.33	9.6 10.6 11.5		10.8 11.9 13.0		12.0 13.2 14.4		14.0 15.4 16.8	20 20 10		
SH 40 - 065 SH 40 - 070 SH 40 - 075		20	65 70 75	30.39 28.57 26.69	12.5 13.4 14.4	384	14.0 15.1 16.2		15.6 16.8 18.0		18.2 19.6 21.0	10 10 10		
SH 40 - 080 SH 40 - 090 SH 40 - 100 SH 40 - 125 SH 40 - 150 SH 40 - 175 SH 40 - 200				80 90 100 125 150 175 200	25.00 22.22 20.00 16.00 13.33 11.42 10.00	15.4 17.3 19.2 24.0 28.8 33.6 38.4	(3,770)	17.3 19.4 21.6 27.0 32.4 37.8 43.2	(4,240)	19.2 21.6 24.0 30.0 36.0 42.0 48.0	(4,710)	22.4 25.2 28.0 35.0 42.0 49.0 56.0	10 10 10 5 5 5	
SH 40 - 250			250	8.00	48.0	C	54.0		60.0		70.0	2		
SH 50 - 050 SH 50 - 055		50 55	55	62.50	9.6 10.6		10.8 11.9		12.0 13.2		14.0	5		
SH 50 - 060 SH 50 - 065 SH 50 - 070			60 65 70	52.08 44.64	11.5 12.5 13.4		13.0 14.0 15.1		14.4 15.6 16.8		16.8 19.6	5 5		
SH 50 - 075 SH 50 - 080 SH 50 - 090 SH 50 - 100	50	50	25	75 80 90 100	39.06 34.72 31.25	14.4 15.4 17.3 19.2	600 (5,880)	16.2 17.3 19.4 21.6	675 (6,620)	18.0 19.2 21.6 24.0	750 (7,360)	22.4 25.2 28.0	5 5 5	
SH 50 - 125 SH 50 - 150 SH 50 - 175 SH 50 - 200		125 25.00 150 20.83 175 17.85 200 15.62 250 12.50 300 10.41	17.85	24.0 28.8 33.6 3 8.4		27.0 32.4 37.8 43.2		30.0 36.0 42.0 48.0		35.0 42.0 49.0 56.0	5 2 2 2			
SH 50 - 250 SH 50 - 300					48.0 5 7.6		54.0 64.8		60.0 72.0		70.0 84.0	2		
SH 60 - 060 SH 60 - 070 SH 60 - 080 SH 60 - 090 SH 60 - 100	60		60 70 80 90 100	75.00 64.28 56.25 50.00 45.00	11.5 13.4 15.4 17.3 19.2	864	13.0 15.1 17.3 19.4 21.6	973	14.4 16.8 19.2 21.6 24.0	4.000	16.8 19.6 22.4 25.2 28.0	5 5 5 5		
SH 60 - 125 SH 60 - 150 SH 60 - 175 SH 60 - 200		60	60	60	60	60	30	30 125 36.00 24.0 (8, 150 30.00 28.8 175 25.71 33.6 200 22.50 38.4	(8,470)	27.0 32.4 37.8 43.2	(9,540)	30.0 36.0 42.0 48.0	1,080 (10,590)	35.0 42.0 49.0 56.0
SH 60 - 250 SH 60 - 300			250 300	18.00 15.00	48.0 57.6		54.0 64.8		60.0 72.0		70.0 84.0	2		

SH JIS