

7-IRON RANGES				LOW STOPPING POWER			MID STOPPING POWER			HIGH STOPPING POWER		
	SWING SPEED	BALL SPEED	CARRY	LAUNCH ANGLE (DEGREE)	SPIN RATE (RPM)	LANDING ANGLE (DEGREE)	LAUNCH ANGLE (DEGREE)	SPIN RATE (RPM)	LANDING ANGLE (DEGREE)	LAUNCH ANGLE (DEGREE)	SPIN RATE (RPM)	LANDING ANGLE (DEGREE)
	40-50 mph 64-80 km/h	50-60 mph 80-97 km/h	30-60 yds 27-55 m	13°-16°	3000-4250	14°-19°	15°-18°	3750-4250	19°-24°	18°-21°	4000-5250	24°-29°
	50-60 mph 80-97 km/h	60-75 mph 97-121 km/h	45-90 yds 41-82 m	14°-17°	3500-4750	17°-23°	16°-19°	4250-5250	23°-29°	19°-22°	4500-5750	29°-35°
	60-70 mph 113-129 km/h	75-90 mph 121-145 km/h	75-120 yds 69-110 m	14°-17°	4000-5250	21°-28°	17°-20°	4750-5750	28°-35°	20°-23°	5000-6250	35°-42°
	70-80 mph 113-129 km/h	90-107 mph 145-172 km/h	110-155 yds 101-142 m	15°-17°	4750-5750	29°-34°	17°-19°	5250-6000	34°-40°	18°-21°	5500-6500	40°-46°
	80-90 mph 129-145 km/h	107-122 mph 172-196 km/h	145-180 yds 133-165 m	14°-16°	5550-6250	36°-40°	16°-18°	6000-6500	40°-44°	17°-19°	6250-7000	44°-49°
	90-100 mph 145-161 km/h	122-136 mph 196-219 km/h	170-200 yds 155-183 m	13°-15°	5750-6500	41°-44°	14°-16°	6250-6750	44°-47°	15°-17°	6500-7250	47°-51°
	>100 mph >161 km/h	>136+ mph >219+ km/h	>190+ yds >174+ m	12°-14°	6000-6750	44°-46°	13°-15°	6500-7000	46°-49°	14°-16°	6750-7500	49°-52°

GENERAL INFORMATION:

This chart is intended for 7-iron fittings only

Weather Assumption: 70° F, 1,000 ft elevation, 0 mph wind

Launch conditions and flight data based on 2019 Titleist ProV1x – other balls may cause variation

WHEN TO CHANGE LAUNCH CONDITIONS:

Less than 80 mph (129 km/h) swing speeds should avoid low stopping power

Greater than 90 mph (145 km/h) swing speeds who prefer more control in windy conditions may want to pursue low stopping power

EFFECT OF CHANGING LAUNCH CONDITIONS:

Increasing launch angle by 1° increases landing angle by ~1-1.5°

Increasing spin rate by 500 rpm increases landing angle by ~0.5°

HOW TO CHANGE LAUNCH CONDITIONS:

1. Iron Model
2. Shaft Type, Flex and Length
3. Retro Spec – increase launch and spin
4. Power Spec – decrease launch and spin
5. Golf Ball Model