Expanded Rifle Recoil Table

By Frank Hawley

For every action there is an equal and opposite reaction, that is one of the physical laws of our universe. The material of the mechanism of a firearm reacts and exerts force on the shooter's shoulder, hand, and face. The amount of force that the shooter feels is a function of the rifle and the cartridge. Recoil energy is measured in foot pounds (ft-lb). The amount of recoil energy that the shooter feels can be felt and measured. Recoil energy is a function of the rifle's weight and the cartridge's muzzle energy.

Do not forget that the weight is a crucial factor in the recoil equation, especially concerning the shooter's ability to shoot the rifle. The shooter's ability to shoot the rifle is a function of the world. Firearms intended for less powerful cartridges are typically both lighter that firearms intended for more powerful cartridges and have more recoil than firearms for the same cartridge. Surprisingly, recoil values for the a standard Magnum cartridge fire the .300 WSM and the .338 Winchester Magnum are not significantly different. The .338 Winchester Magnum has more mass, despite and you might recall is advertising copy. Choose a rifle weight appropriate for the cartridge and the shooter.

However, personal recoil, and the shooter's ability to shoot, is a highly subjective matter. In addition to good weight, it is influenced by many factors. One of the most important of these is the fit and the shape of the rifle's stock. Recoil is felt in the shoulder, hand, and face. Recoil is felt differently by different people. Recoil is felt differently by the same person on different occasions. Recoil is felt differently in different positions. Recoil is felt differently in different rifles. Recoil is felt differently with different cartridges. Recoil is felt differently with different bullets. Recoil is felt differently with different powders. Recoil is felt differently with different primers. Recoil is felt differently with different cases. Recognize that the shooter's ability to shoot the rifle is a function of the shooting range, where most serious marksmanship practice occurs.

Recognize that the shooter's ability to shoot the rifle is a function of the world, which, unfortunately, means that you do not have to be a Marine Corps Rifle Team member or a member of the Olympic Shooting Team to be a competitive shooter. Recognize that the shooter's ability to shoot the rifle is a function of the shooting range, where most serious marksmanship practice occurs.

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.416 Rem. Mag. (400 at 2400)	10.0	52.9	18.5
.416 Rigby (350 at 2424)	10.0	47.8	17.6
.416 Rigby (400 at 1900)	10.0	32.7	14.5
.416 Rigby (400 at 2400)	10.0	58.1	19.3
.416 Rimmed (400 at 2400)	10.0	62.8	20.1
.416 Dakota (400 at 2500)	10.0	59.2	19.5
.416 Wby. Mag. (400 at 2700)	10.25	83.0	22.8
.44-40 Win. (200 at 1200)	7.0	3.4	n/a
.44 Rem. Mag. (200 at 1200)	5.5	4.6	7.3
.44 Rem. Mag. (240 at 1230)	5.5	6.5	8.7
.44 Rem. Mag. (240 at 1500)	5.5	11.3	11.5
.44 Rem. Mag. (240 at 1760)	7.5	11.2	9.8
.44 Rem. Mag. (265 at 1500)	5.5	13.6	12.6
.44 Rem. Mag. (270 at 1638)	7.5	11.6	10.0
.44 Rem. Mag. (275 at 1580)	7.5	11.4	9.9
.44 Rem. Mag. (300 at 1452)	7.5	11.2	9.8
.444 Marlin (240 at 2400)	7.5	23.3	14.2
.444 Marlin (265 at 2200)	8.5	22.1	12.9
.444 Marlin (265 at 2325)	7.5	27.6	15.4
.444 Marlin (270 at 2212)	8.5	23.7	13.4
.444 Marlin (300 at 2100)	8.5	24.2	13.6
.45 Colt (255 at 1100)	8.0	4.0	5.6
.45 Colt +P (240 at 1550)	6.5	10.2	10.1
.45 Colt +P (250 at 1500)	6.5	11.1	10.5
.454 Casull (240 at 2050)	6.5	19.0	13.0
.45 Muzzleloader (285 at 1550)	8.5	22.8	13.1
.45 Muzzleloader (325 at 1500)	8.5	25.5	13.9
.458 SOCOM (300 at 1840)	7.5	20.2	13.2

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.45-70 (300 at 1810)	7.0	26.1	15.5
.45-70 (300 at 1810)	7.5	22.1	13.8
.45-70 (300 at 1810)	8.5	21.5	12.8
.45-70 (300 at 1810)	10.0	18.1	10.8
.45-70 (350 at 1585)	7.5	24.6	14.5
.45-70 (350 at 1700)	7.5	26.2	15.0
.45-70 (405 at 1330)	7.0	21.9	14.2
.45-70 (405 at 1330)	7.5	19.2	12.9
.45-70 (405 at 1330)	8.5	18.0	11.7
.45-70 +P (350 at 1900)	7.0	37.9	18.7
.45-70 +P (350 at 1900)	8.5	32.2	15.9
.45-70 +P (350 at 2100)	10.0	32.0	14.4
.45-70 +P (500 at 1700)	8.25	45.3	18.8
.45-70 +P (500 at 1700)	10.0	37.3	15.5
.450 Marlin (300 at 2100)	7.0	32.6	17.3
.450 Marlin (300 at 2405)	8.5	34.8	16.2
.450 Marlin (350 at 2000)	7.0	37.2	18.5
.450 Marlin (350 at 2100)	8.5	33.6	16.0
.45-120 Sharps (405 at 1850)	9.0	33.9	n/a
.450 N.E. (465 at 2150)	11.0	55.5	18.0
.458 Win. Mag. (300 at 1850)	9.0	18.9	11.6
.458 Win. Mag. (300 at 2100)	9.0	26.4	13.8
.458 Win. Mag. (350 at 2100)	9.0	34.7	15.8
.458 Win. Mag. (400 at 1400)	9.0	17.1	11.1
.458 Win. Mag. (400 at 2050)*	9.0	41.7	17.3
.458 Win. Mag. (400 at 2100)	9.0	43.9	17.7
.458 Win. Mag. (400 at 2400)	10.0	50.6	18.1
.458 Win. Mag. (450 at 2100)	9.0	53.2	19.5
.458 Win. Mag. (450 at 2200)	10.0	52.4	18.4
.458 Win. Mag. (465 at 2220)	10.0	56.9	19.2
.458 Win. Mag. (500 at 2000)	9.0	56.3	20.1
.458 Win. Mag. (500 at 2090)	9.0	63.1	21.3
.458 Win. Mag. (500 at 2090)	10.0	56.8	19.1
.458 Win. Mag. (500 at 2150)	10.0	60.6	19.8
.458 Lott (500 at 2100)	10.0	57.8	19.3
.458 Lott (500 at 2300)	10.0	70.4	21.3
.460 Wby. Mag. (500 at 2500)	11.0	83.3	22.1
.460 Wby. Mag. (500 at 2600)	11.0	96.4	23.8
.500/.465 N.E. (480 at 2150)	11.0	60.7	n/a
.470 N.E. (500 at 2150)	11.0	69.3	20.1
.470 Mbogo (500 at 2509)	11.0	83.5	22.1
.480 Ruger (325 at 1450)	6.25	16.4	13.0
.50 Muzzleloader (177 at 1801)	9.25	12.3	9.3
.50 Muzzleloader (385 at 1360)	9.75	21.0	11.8
.50 Muzzleloader (410 at 1400)	9.25	29.9	14.4
.50 Muzzleloader (490 at 1142)	9.75	27.5	13.5
.50 Sav.10ML-II (250+11 at 1900)*	9.75	14.2	9.7
.50 Sav.10ML-II (250+11 at 2170)	9.75	17.3	10.7
.50 Sav.10ML-II (300+11 at 2227)	9.25	25.9	13.4

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.50-140 Sharps (515 at 2090)	10.0	72.1	21.6
.500 N.E. (570 at 2150)	12.0	74.5	n/a
.50 BMG (647 at 2710)	30.0	70.0	12.3
.50 BMG (750 at 2400)	30.0	68.3	12.1
.50 BMG (750 at 2800)	30.0	94.8	14.3
.54 Muzzleloader (425 at 1400)	9.5	34.4	15.3
.54 Muzzleloader (510 at 1288)	9.5	43.1	17.1
.577 N.E. (750 at 2050)	12.0	127.5	n/a
.58 Muzzleloader (525 at 1275)	9.5	35.4	15.5
.58 Muzzleloader (560 at 1331)	9.5	50.1	18.4
.600 N.E. (900 at 1950)	12.0	154.0	28.8

28 DAY CHALLENGE
ACCORDING TO YOUR AGE

Age: 30+
DAY 1
Shoulder taps 20 sec
Plyo push-ups 20 sec
Leg raises 25 sec
Front plank 1 min
DAY 2
Dumbbell chest press 15 sec
Tricep kickbacks 15 sec
Side plank 1 min
Regular Squats 25 sec

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