

LIVE SESSION EQ FREQUENCY MAP

Listen for a character, find its range, then decide whether you need more or less of it.

KICK IN

40-60 Hz Sub / deep thump	60-100 Hz Weight / punch	150-250 Hz Body / fullness	250-500 Hz Box / mud	2-4 kHz Beater / attack	4-7 kHz Click / snap
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Common moves: Boost 60-100 for punch; cut 250-500 if boxy; boost 2-4k for more beater.

KICK OUT

30-60 Hz Sub / rumble	60-100 Hz Big low-end weight	150-300 Hz Body / boom	300-500 Hz Mud / cloud	2-4 kHz Attack	6-10 kHz Air / skin detail
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Common moves: Use for low-end size; cut 300-500 if cloudy; don't force attack if the inside mic already has it.

SNARE TOP

100-180 Hz Weight / fatness	180-250 Hz Body / punch	400-800 Hz Box / ring	1-2 kHz Bark / tone	3-6 kHz Crack / stick	8-12 kHz Air / brightness
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Common moves: Boost 180-250 if thin; cut 400-800 if boxy; boost 3-6k for crack.

SNARE BOTTOM

150-300 Hz Body / shell	500 Hz-1 kHz Papery / nasal	2-5 kHz Wire bite	5-8 kHz Sizzle	8-12 kHz Air / fizz
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Common moves: Usually emphasize 5-10k for wire sizzle; cut mids if papery. Check polarity against snare top.

TOMS

60-100 Hz Floor tom depth	100-200 Hz Body / punch	250-500 Hz Mud	400-800 Hz Box / cardboard	3-5 kHz Stick attack	6-8 kHz Snap / brightness
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Common moves: Boost the fundamental for size; cut 300-700 if cardboard; add 3-5k for definition.

OVERHEADS

80-200 Hz Kit weight / low wash	200-500 Hz Mud / room buildup	1-3 kHz Cymbal body	3-6 kHz Bite / harshness	8-12 kHz Shimmer	12k+ Air
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Common moves: HPF if low end fights close mics; tame 3-6k if cymbals hurt; gentle 8-12k adds shimmer.

ROOM MIC

60-150 Hz Room weight	150-400 Hz Warmth / boom	300-700 Hz Mud / box	1-3 kHz Room character	3-6 kHz Excitement / attack	8-12 kHz Air
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Common moves: Cut low mids if murky; boost upper mids for excitement; don't over-EQ - the room should sound like a room.

LIVE SESSION EQ FREQUENCY MAP - INSTRUMENTS & VOCALS

These are landmarks, not rules. The exact frequency moves with the instrument, player, mic and placement.

BASS DI / AMP

30-60 Hz Sub / depth	60-100 Hz Weight	100-200 Hz Punch / body	200-400 Hz Mud / wool	700 Hz-1.5 kHz Growl / note definition	2-4 kHz Attack / clank
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Common moves: Cut 200-400 if woolly; boost 700-1.5k if notes disappear; balance 60-100 against the kick.

ELECTRIC GUITAR

80-150 Hz Weight / thump	150-350 Hz Warmth / mud	400-800 Hz Body / box	800 Hz-1.5 kHz Honky / nasal	2-4 kHz Bite / presence	4-8 kHz Fizz / edge
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Common moves: Cut 200-400 for mud; tame 800-1.5k if honky; cut 3-6k if painful; low-pass fizz if needed.

ACOUSTIC GUITAR

80-150 Hz Boom / body	150-300 Hz Warmth	300-600 Hz Box / wood	1-2 kHz Nasal / definition	2-5 kHz Pick / presence	8-12 kHz Sparkle / air
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Common moves: Cut 100-250 if boomy; cut 300-600 if boxy; boost 2-5k for pick detail; add top gently.

LEAD VOCAL

80-150 Hz Chest / proximity	150-300 Hz Warmth / boom	250-500 Hz Mud	700 Hz-1.5 kHz Nasal / honk	2-5 kHz Presence / intelligibility	5-8 kHz Sibilance	10k+ Air
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Common moves: Cut mud before boosting presence; tame 5-8k if S sounds bite; gentle 10k+ can add openness.

QUICK LANDMARKS: 20-60 Hz = sub & rumble | 60-120 Hz = weight & punch | 120-250 Hz = body & warmth | 250-500 Hz = mud | 400-800 Hz = box/cardboard | 800 Hz-1.5 kHz = honk/nasal | 2-5 kHz = attack/presence | 5-8 kHz = bite/sizzle | 8-12 kHz = sparkle/shimmer | 12 kHz+ = air.

FAST METHOD: Start flat. Decide what you hear first: muddy, boxy, harsh, dull, thin, etc. For an ugly resonance, temporarily boost a mid band and sweep until the problem jumps out, then turn that boost into a cut. Small moves (often 2-4 dB) are a good starting point. If you need a giant correction, change the mic or placement first.