FREE TOOL · SE7EN BEATLAB

Se7en BPM Index

Typical BPM ranges by genre & subgenre — so every beat starts in the right pocket.

Genre	BPM	Range	Family	Top subgenre
Reggaeton	95	85–100	Urbano	Classic / old-school reggaeton (90–98)
Latin Trap	140	130–150	Urbano	Latin trap (mainstream) (130–150)
Dembow	115	110–125	Urbano	Dominican dembow (110–120)
Cumbia	95	85–110	Latino	Cumbia villera / Argentine (90–105)
House	124	118–130	Electronica	Deep house (118–125)
Techno	132	125–150	Electronica	Melodic / deep techno (122–130)
Drum & Bass	174	160–180	Electronica	Liquid drum & bass (170–176)
Lo-fi Hip Hop	85	70–90	Hip-Hop	Lo-fi study beats (70–88)
Boom Bap	90	85–95	Hip-Hop	Classic 90s boom bap (86–94)
Afrobeats	105	100–118	Afro	Afrobeats (mainstream) (100–115)
Amapiano	112	108–115	Afro	Classic amapiano (108–114)
Pop	120	100–130	Pop	Dance-pop (118–128)
R&B	70	60–90	Soul	Contemporary / alternative R&B (60–85)
EDM / Big Room	128	126–132	Electronica	Big room house (126–132)
Dancehall	100	90–110	Caribe	Classic / roots dancehall (90–105)
Bachata	128	120–140	Latino	Bachata moderna / urbana (125–140)
Merengue	140	120–160	Latino	Merengue típico (130–160)
Salsa	180	150–250	Latino	Salsa romántica (150–195)
Drill	142	138–145	Urbano	UK drill (138–145)
Phonk	140	120–160	Hip-Hop	Drift phonk (130–150)
Dubstep	140	138–142	Electronica	Brostep (138–142)
Hardstyle	150	148–155	Electronica	Euphoric hardstyle (150–152)
Trance	138	130–145	Electronica	Uplifting trance (138–140)
Future Bass	150	140–160	Electronica	Melodic future bass (148–152)
Disco	120	110–130	Pop	Classic disco (115–125)
Funk	110	90–120	Soul	Classic funk (100–118)
Synthwave	100	80–118	Electronica	Outrun (100–110)

Genre	BPM	Range	Family	Top subgenre
Grime	**140**	138–142	Urbano	Classic grime (139–141)
UK Garage	**133**	130–138	Electronica	2-step (130–135)
Moombahton	**110**	108–115	Urbano	Moombahton (108–112)

Tempos are production-real ranges for the niche, not rules. Many genres (trap, R&B, DnB) are felt in half-time — both numbers describe the same groove.

CHEAT SHEET

Gain staging in 7 steps

1 · Start at the source

Record/import so peaks land around **-12 to -6 dBFS**. Leave headroom; you can't un-clip later.

2 · Gain before everything

Set level with a trim/gain plugin **before** EQ, compression or saturation. Plugins react to input level.

3 · Aim plugins at their sweet spot

Most analog-modeled plugins expect ~**-18 dBFS** average (VU 0). Feed them there for the intended color.

4 · Gain-match every move

When you A/B a plugin, match output to input loudness. Louder ≠ better — it just sounds better.

5 · Mix into headroom

Keep the master peaking around **-6 dBFS** while mixing. Don't chase loudness in the mix stage.

6 · Watch gain build-up

Every saturation/EQ boost adds level. Re-check the chain's output so nothing creeps into clipping.

7 · Leave it for mastering

End the mix with peaks ~-6 dBFS and no limiter slamming. The master needs room to breathe.
