

1900-2023	Bond Ladders: Long-Term History				
	5-Year	7-Year	10-Year	15-Year	20-Year
Average Return	4.3%	4.4%	4.5%	4.6%	4.7%
Minimum Return	-3.9%	-5.0%	-6.4%	-8.0%	-9.1%
Maximum Return	15.5%	15.7%	17.2%	19.3%	21.0%

1965-2023	Bond Ladders: Modern History				
	5-Year	7-Year	10-Year	15-Year	20-Year
Average Return	5.6%	5.8%	6.0%	6.2%	6.4%
Minimum Return	-3.9%	-5.0%	-6.4%	-8.0%	-9.1%
Maximum Return	15.5%	15.7%	17.2%	19.3%	21.0%

1965-1980	Bond Ladders: Secular Bear Market				
	5-Year	7-Year	10-Year	15-Year	20-Year
Average Return	5.5%	5.1%	4.6%	3.7%	3.0%
Minimum Return	3.2%	2.2%	1.0%	-0.3%	-1.9%
Maximum Return	9.6%	10.3%	10.6%	11.0%	11.0%

1981-2023	Bond Ladders: Secular Bull Market				
	5-Year	7-Year	10-Year	15-Year	20-Year
Average Return	5.6%	6.0%	6.5%	7.1%	7.6%
Minimum Return	-3.9%	-5.0%	-6.4%	-8.0%	-9.1%
Maximum Return	15.5%	15.7%	17.2%	19.3%	21.0%

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