



Notes: R2 is a variable resistor set to 17.35k ohms for 40 Hz, but YMMV

R1 is not critical -- anywhere between 120k ohms and 150k ohms should be just fine.

The LED array can be this product on Amazon:
https://www.amazon.com/gp/product/B011AMVU30/ref=oh_au_detailpage_o04_s00?ie=UTF8&psc=1