

There is far too much to mention when suspension and whole motorcycles must work in harmony for best results. See also the full Tech page on our website more info.

A component education seminar may do you great service at any price, call for details in season, a daily 4 hrs training and consultation from \$1500.00 and up.

Suggestions start here,



1) Do above to forks fully extended off ground, equalize air build up prior to each ride. See Website.

2) Do not change anything you do not fully understand, the clickers have been minimize on purpose because of customer error, see owners manual.

3) After you get your lazy unriden self in shape, such as riding at least one hour on tracks Tuesday, Thursday, Saturday for 5 consecutive weeks, then and Only then try adjusting as needed or leave alone.



4) “Rider Sag is so 20 years ago”, with the quality of springs these days, a much more important measurement is Free Length minus installed Length = Spring preload. Based on your rider info most are 10mm to 14.5mm of spring preload (some exceptions can vary) .

For the first several weeks of use, **Only experiment as needed by 1/8 spring turn more or less, No Crazy full turns** ride by feel, don’t chase Rider Sag numbers.

You can ball park a rider sag number to generally be 30-33% of claimed travel (ie 90-120mm) but since most can’t measure correctly, don’t beat yourself up over it, when most try **98mm-112mm** with 15mm-35m bike sag (“oh my @ what is that / i told you you didn’t no how to read a ruler”).



5) Your bike is much like this. A see-saw so an example is that a subtle nudge spring **only 1/8 turn or less** on rear can affect front.

You also should test with Brand New high quality new fresh tires with proper tire pressure set before each moto or ride per ½ lb increments test with expensive high quality pressure gauge or use nitrogen even better, not those old things that still show tread you had for a few months like above. Much like rear tire wear, maintain your suspension fluid through a detailed professional factory authorized service with same materials and procedures only.