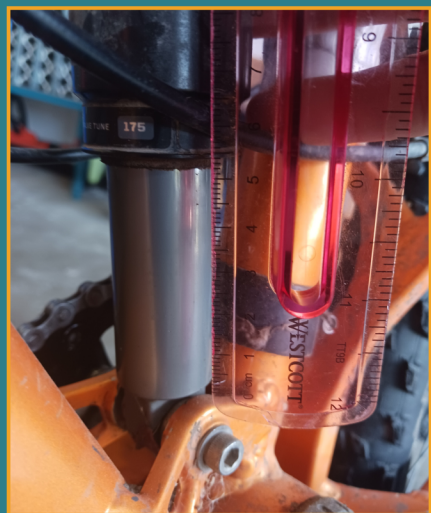


# MTB Suspension (Base) Set Up!

*A Library Survival Guide*



## Set the Sag: Rear Shock



### 01 Calculate the sag

- **For base setting, 25% sag is recommended. To calculate:**

$$\text{total stroke (mm)} \times .25 = \text{sag (mm)}$$



**02 Eliminate any compression damping by turning compression dial/lever (blue) all the way counter-clockwise (-)**



**03 Sit on saddle and 'bounce' to activate shock, then let settle—now move O-ring against dust wiper. Dismount carefully!**



**04 The distance between O-ring and dust wiper is the sag. Measure and add or release air to achieve 25% sag. Repeat steps 03 & 04.**



**Blue** dials on your bike's suspension adjust the **compression**



**Red** dials on your bike's suspension adjust the **rebound**





# Set the Sag: Fork

Begin with steps **01** & **02**



**With weight over handlebars, 'bounce' to activate forks, then let settle. Move O-ring against dust wiper. Dismount carefully!**

**05**



**The distance between O-ring and dust wiper is the sag. Measure and add or release air to achieve 25% sag. Repeat step 05 & 06.**

**06**



**More sag!**

**You are a less experienced rider, ride downhills conservatively, not into big drops.**

**You a more experienced rider, hard charging downhills and big drops!**

**Less sag!**

**You can use your front brake when finding sag, but not rear brake!**

**REAR BRAKE!**



**Need more sag?  
Release air from shock/fork 10 psi at a time.**

**Need less sag?  
Pump air into shock/fork 10 psi at a time.**



## Set the Rebound: Fork:



**Set the fork **rebound** dial to full damping (+)/ all the way clockwise.**

**07**



**Compress forks, then quickly remove hands. Observe the speed of rebound.**

**08**



**Move dial 2 clicks counter-clockwise (-) to decrease damping and repeat step 08 until rebound is fastest w/o tire lifting off the ground.**

**09**

## Set the Rebound: Rear Shock:



**Set the shock **rebound** dial to full damping (+)/ all the way clockwise. Then follow the same procedure as step 08, OR continue to step 11.**

**10**



**Ride (while on seat) slowly off a small drop-off & observe. Decrease damping one click at a time until shock rebounds just past sag, then settles.**

**11**



**Rebound dials**

**Compression dials**



**= (-) = Less Damping = "Open", "Fast" & "Plush"**



**= (+) = More Damping = "Closed", "Slow" & "Stiff"**

## Set the Compression: Fork



Set the **compression** dial to middle setting. Test ride and observe compression.

12

If forks compress too quickly when braking or in corners, add (+) damping (by 2 clicks). If it feels too stiff, decrease damping (-) (by 2 clicks).

13

## Set the Compression: Shock

Same as step

12



The middle setting is usually a good base setting for most riding. Switch to full damping when climbing, less damping for gnar downhills.

14

doh!



**Rebound** and **Compression** damping should be set as equally as possible to give a balanced ride!

*Congratulations*

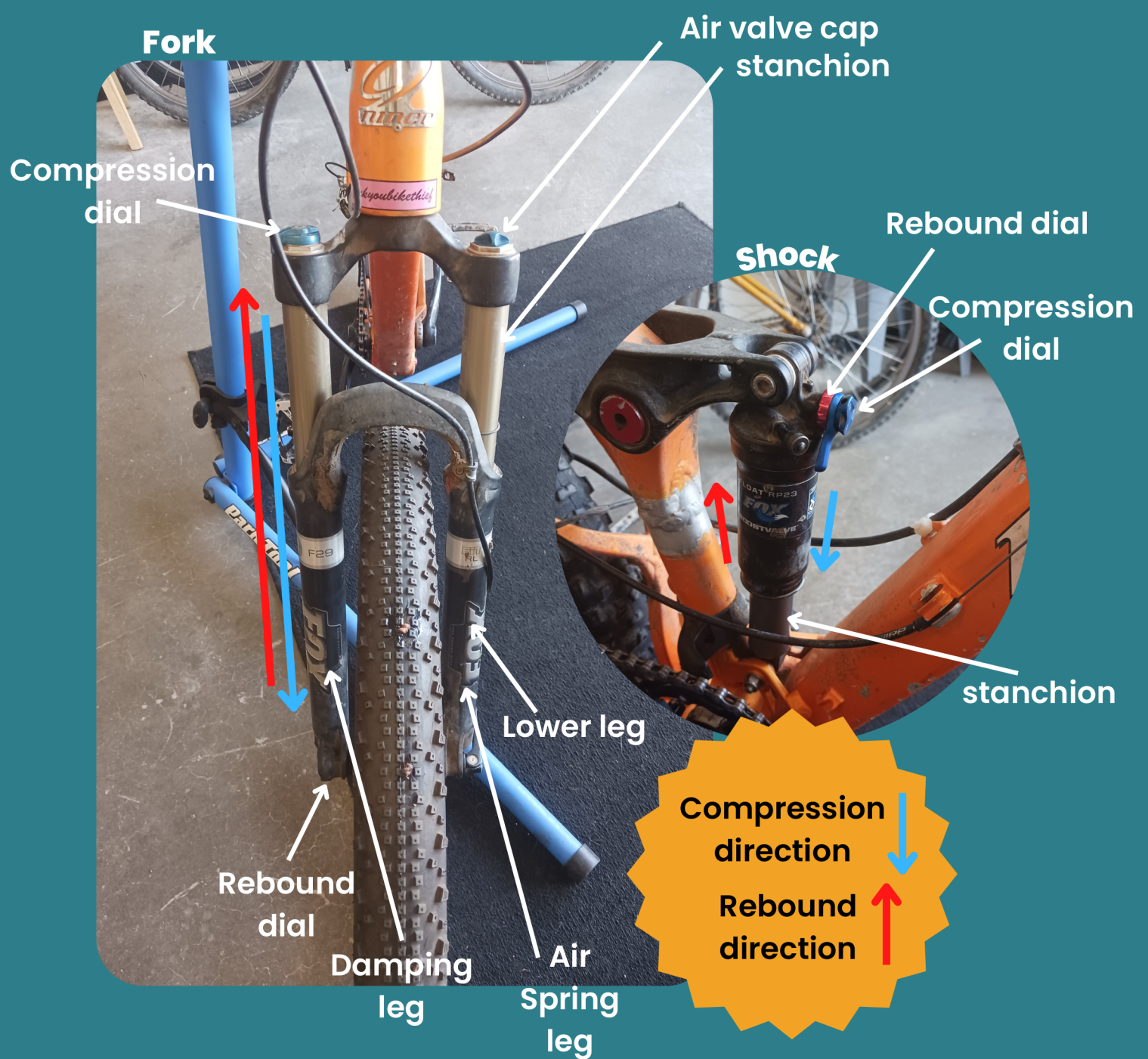


*You're all set!*





# Appendix Aye!



## Suspension does 2 things:

Your suspension is meant to keep your tires on the ground and cushion impacts!

### Sag

The amount of shock compression under your body weight only (and whatever else you may be carrying with you!).

### Compression (damping)

Damping applied to shock when being compressed (to absorb impacts) by offering resistance. Almost always adjusted with the blue dials.

### Rebound (damping)

Damping applied to shock when it returns from being compressed by offering resistance. Almost always adjusted with red dials!