

## General Suspension Set-up for **MOTOCROSS / ENDURO / HARESCRAMBLE**

In order to accomplish the best performance of your suspension, it's important to have some basic set-up guidelines. Below are the steps to help you achieve the most from your suspension.

### **Rider Sag**

Before you change clickers, you want to set the rider sag. This is the measurable difference between the rear axle and rear fender when the rear wheel is off the ground compared to when the rider is in full gear on the bike.

Measurement



#### *Measurement A*

Place the bike on a stand with the wheels not touching the ground; measure from the left inside fender bolt to a point on the rear axle.



#### *Measurement B*

With the bike off the stand, place the rider with gear on the bike in a normal riding position with feet barely touching the ground. Have someone measure between the same two points as before. *Measurement A* minus *Measurement B* should generally be 1/3 of the overall travel.



Too much rider sag – you must increase pre-load to the spring by turning the spring counterclockwise. This decreases the rider sag measurement.

Too little rider sag – you must decrease pre-load to the spring by turning the spring counterclockwise. This increases the rider sag measurement.

### **Static Sag**

This is the distance the suspension sags under the bikes own weight.

#### *Measurement C*

With the bike off the stand and the rider off the bike, push down on the back end and let the bike come up by itself. *Measurement C* minus *Measurement A* should generally be between 25 – 30 mm.

*Note: If you set your rider sag and your static sag does not fall within the recommended range; a spring change may be needed.*