



Serial #

Date

# Suspension Setup Sheet

Name, Address

Rider Weight

Bike Year and Model

Phone: (    )

E-Mail:

Credit Card:

exp: . /

ccv:

Extended Frame Height should be set at the following heights - MX & XC = 12", TT/Flat Track = 8.5"

Compressed Frame Height should be set at the following heights - MX & XC = 1.5", TT/Flat Track = 1"

## FRONT

A-Arm Brand:

A-Arm Width:

Frame Height

(circle one) Extended @ 12" or 8.5" =

(circle one) Compressed @ 1.5" or 1" =

\*Ride Height:

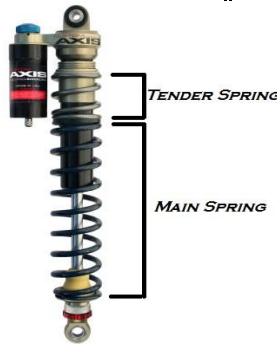
\*Main Spring Height:

(See diagram to right)

Tender Spring Rate:

Main Spring Rate:

notes (modifications wanted, etc.)



(office use)

| Now | Repairs Needed |
|-----|----------------|
|     |                |
|     |                |

Calculated Rates

Tender:

Main:

Parts Used

NOTES

\*Rider standing on pegs

## REAR

SwingArm Brand:

SA Length(pivot to axle):

Frame Height

(circle one) Extended @ 12" or 8.5" =

(circle one) Compressed @ 1.5" or 1" =

\*Ride Height:

Linkage Brand and Model:

\*\*Wheels off the ground:

\*\*Wheels on the ground: -

(Video online) Race Sag:

Tender Spring Rate:

Main Spring Rate:

notes (modifications wanted, etc.)

(office use)

| Now | Repairs Needed |
|-----|----------------|
|     |                |
|     |                |

Calculated Rates

Tender:

Main:

Parts Used

NOTES

\*\*Measured from the top of the axle directly above to any point on the subframe and 3 turns of preload on spring. (Both measurements are measured to the same point on the subframe)