

Regulator SX Deore Suspension Setup Guide

Before you make adjustments, begin with all compression and rebound knobs in their fully-closed, clockwise position. Count all clicks in a counterclockwise direction from there. When checking sag, ensure all compression levers and lockout mechanisms are in the fully open (counterclockwise) position.

We don't recommend using sag measurements to set up suspension forks. You should aim for a balanced feel between the front and rear suspension. Check the o-ring located on your fork during the first few rides to ensure you aren't using too much or too little of your travel and adjust accordingly.

Fork: Rockshox Lyrik Base Rush RC, 160mm, 44mm Offset, 0 Volume Spacer, 163psi Max						
			Compression		Rebound	
Rider Weight (lbs)	Rider Weight (kgs)	Suggested Pressure (psi)	Low Speed	High Speed	Low Speed	High Speed
<120	<55	<50	Open	NA	-13	NA
120-140	55-63	50-60	Open	NA	-12	NA
140-160	63-72	60-70	Open	NA	-11	NA
160-180	72-81	70-80	Open	NA	-11	NA
180-200	81-90	80-90	Open	NA	-10	NA
200-220	90-99	90-100	Open	NA	-9	NA
>220	>99	100+	Open	NA	-9	NA

Rear Shock: Rockshox Super Deluxe Select, 205mm x 60mm, 4 Volume Spacers, 360psi Max						
Rear Shock Sag: 60mm stroke: 16-20mm (28-34%)						
Shock Tune: R25C26			Compression		Rebound	HBO
Rider Weight (lbs)	Rider Weight (kgs)	Suggested Pressure (psi)	Low Speed	High Speed	Low Speed	
<120	<55	126	Open	NA	-12	N/A
120-140	55-63	126-147	Open	NA	-11	N/A
140-160	63-72	147-169	Open	NA	-10	N/A
160-180	72-81	169-190	Open	NA	-9	N/A
180-200	81-90	190-211	Open	NA	-9	N/A
200-220	90-99	211-232	Open	NA	-8	N/A
>220	>99	232+	Open	NA	-8	N/A