

Regulator SX XT 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: RS Lyrik Ultimate 160mm, 44mm Offset, 0/5 tokens, 163psi Max

			Compression		Rebound	
Rider Weight (lbs)	Rider Weight (kgs)	Suggested Pressure (psi)	Low Speed	High Speed	Low Speed	High Speed
<120	<55	<50	-8	-4	< -14	NA
120-140	55-63	50-60	-8	-4	-12	NA
140-160	63-72	60-70	-8	-4	-11	NA
160-180	72-81	70-80	-8	-4	-10	NA
180-200	81-90	80-90	-8	-4	-9	NA
200-220	90-99	90-100	-8	-4	-8	NA
>220	>99	100+	-8	-4	> -7	NA

Rear Shock: RS Super Deluxe Ultimate, 205x60mm, 0ned, 4pos, 360psi Max

Rear Shock Stroke: 60mm Sag: 16-20mm (27-33%)

Shock Tune: LCL / LRM / CMF			Compression		Rebound	
Rider Weight (lbs)	Rider Weight (kgs)	Suggested Pressure (psi)	Low Speed	High Speed	Low Speed	High Speed
<120	<55	<126	-2	NA	< -12	NA
120-140	55-63	126-147	-2	NA	-11	NA
140-160	63-72	147-169	-2	NA	-10	NA
160-180	72-81	169-190	-2	NA	-9	NA
180-200	81-90	190-211	-2	NA	-8	NA
200-220	90-99	211-232	-2	NA	-7	NA
>220	>99	232+	-2	NA	> -6	NA