

## Spur V2 FOX 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: FOX 34 SL, 130mm, 44mm Offset, 1 Volume Spacer, 120psi Max						
			Compression		Rebound	
Rider Weight (lbs)	Rider Weight (kgs)	Suggested Pressure (psi)	Low Speed	High Speed	Low Speed	High Speed
<120	<55	<64	NA	NA	16-14	NA
120-140	55-63	64-71	NA	NA	14-12	NA
140-160	63-72	71-81	NA	NA	12-10	NA
160-180	72-81	81-92	NA	NA	10-8	NA
180-200	81-90	92-100	NA	NA	8-6	NA
200-220	90-99	100-110	NA	NA	6-4	NA
>220	>99	110+	NA	NA	4-2	NA

Rear Shock: FOX Float SL, 190mm x 41mm, 0.6ci Volume Spacer, 350psi Max						
Rear Shock Sag: 60mm stroke: 10-15mm (22-33%)						
Shock Tune: CM, RM, CML			Compression		Rebound	HBO
Rider Weight (lbs)	Rider Weight (kgs)	Suggested Pressure (psi)	Low Speed	High Speed	Low Speed	
<120	<55	<120	Open	NA	11	N/A
120-140	55-63	120-140	Open	NA	10	N/A
140-160	63-72	140-160	Open	NA	9	N/A
160-180	72-81	160-180	Open	NA	8	N/A
180-200	81-90	180-200	Open	NA	7	N/A
200-220	90-99	200-220	Open	NA	6	N/A
>220	>99	220+	Open	NA	5	N/A