

# Suspension Adjustment Guidelines

Follow the procedures described below to accurately adjust your CRF, using the methods described on pages 135 – 143. Remember to make all adjustments in one-click or 1/4 turn increments. Test ride after each adjustment.

## Front Suspension Adjustment Adjustments for Type of Track

Hard-surfaced track	Begin with the standard setting. If the suspension is too stiff/soft, adjust to the softer/stiffer setting on the “Recommended Setting” chart below.
Sand track	Adjust to the stiffer setting.
Mud track	Adjust to the stiffer setting because mud build-up increases your CRF’s weight.

If the suspension is too stiff/soft on part of travel, adjust according to the “Adjustments for Too Soft/Stiff On Part Of Travel” chart on next page.

## Recommended Setting

	Inner chamber air pressure	Outer chamber air pressure	Balance chamber air pressure	Compression damping adjuster	Rebound damping adjuster
Soft	149 psi (1,025 kPa, 10.5 kgf/cm <sup>2</sup> )	10 psi (70 kPa, 0.7 kgf/cm <sup>2</sup> )	149 psi (1,025 kPa, 11.0 kgf/cm <sup>2</sup> )	Position 7	Position 29
Standard	156 psi (1,075 kPa, 11.0 kgf/cm <sup>2</sup> )	12 psi (80 kPa, 0.8 kgf/cm <sup>2</sup> )	156 psi (1,075 kPa, 11.0 kgf/cm <sup>2</sup> )		
Medium - stiff	163 psi (1,125 kPa, 11.5 kgf/cm <sup>2</sup> )	13 psi (90 kPa, 0.9 kgf/cm <sup>2</sup> )	163 psi (1,125 kPa, 11.5 kgf/cm <sup>2</sup> )		
Stiff	170 psi (1,175 kPa, 12.0 kgf/cm <sup>2</sup> )	15 psi (100 kPa, 1.0 kgf/cm <sup>2</sup> )	170 psi (1,175 kPa, 12.0 kgf/cm <sup>2</sup> )		
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