

BLUR XC**RIDER WEIGHT****AIR PRESSURE****IFP PRESSURE****SHOCK SAG****PROGRESSIVE
5th ELEMENT
AIR SHOCK**

100 lbs (45.5 kg)	60-80 psi (4.1-5.5 bar)	50-70 psi (3.4-4.8 bar)	10-15 mm
120 lbs (54.4 kg)	80-100 psi (5.5-6.8 bar)	50-70 psi (3.4-4.8 bar)	10-15 mm
140 lbs (63.5 kg)	90-110 psi (6.2-7.5 bar)	50-70 psi (3.4-4.8 bar)	10-15 mm
160 lbs (72.6 kg)	100-120 psi (6.8-8.2 bar)	60-80 psi (4.1-5.5 bar)	10-15 mm
180 lbs (81.8 kg)	100-120 psi (6.8-8.2 bar)	60-80 psi (4.1-5.5 bar)	10-15 mm
200 lbs (90.7 kg)	100-120 psi (6.8-8.2 bar)	70-90 psi (4.8-6.2 bar)	10-15 mm
220 lbs (99.8 kg)	100-130 psi (7.5-8.9 bar)	70-90 psi (4.8-6.2 bar)	10-15 mm
240 lbs (108.8 kg)	120-140 psi (8.2-9.6 bar)	80-100 psi (5.5-6.8 bar)	10-15 mm

**FOX RP3
AIR SHOCK****RIDER WEIGHT****AIR PRESSURE****SHOCK SAG**

100 lbs (45.5 kg)	100 psi (6.8 bar)	10-15 mm
120 lbs (54.4 kg)	120 psi (8.3 bar)	10-15 mm
140 lbs (63.5 kg)	140 psi (9.7 bar)	10-15 mm
160 lbs (72.6 kg)	160 psi (11.0 bar)	10-15 mm
180 lbs (81.8 kg)	180 psi (12.4 bar)	10-15 mm
200 lbs (90.7 kg)	200 psi (13.8 bar)	10-15 mm
220 lbs (99.8 kg)	220 psi (15.1 bar)	10-15 mm
240 lbs (108.8 kg)	240 psi (16.5 bar)	10-15 mm

**ANSWER 3 WAY
AIR SHOCK**

Start with 75 psi for SPV,
not going below 50 psi,
and not to exceed 175 psi.

RIDER WEIGHT**AIR PRESSURE****SHOCK SAG**

100 lbs (45.5 kg)	60-70 psi (4.1-4.8 bar)	10-15 mm
120 lbs (54.4 kg)	70-80 psi (4.8-5.5 bar)	10-15 mm
140 lbs (63.5 kg)	80-90 psi (5.5-6.2 bar)	10-15 mm
160 lbs (72.6 kg)	90-100 psi (6.2-6.9 bar)	10-15 mm
180 lbs (81.8 kg)	100-110 psi (6.9-7.6 bar)	10-15 mm
200 lbs (90.7 kg)	110-120 psi (7.6-8.3 bar)	10-15 mm
220 lbs (99.8 kg)	120-130 psi (8.3-8.9 bar)	10-15 mm
240 lbs (108.8 kg)	130-140 psi (8.9-9.7 bar)	10-15 mm