

HECKLER	RIDER WEIGHT	SPRING	PRELOAD	SAG	PRESSURE	VOLUME	BEGIN	END	REBOUND
<b>PROGRESSIVE 5th ELEMENT COIL SHOCK</b> OPTIONAL COIL SPRINGS: 450, 500	100 lbs (45.5 kg)	275	3 mm	13 mm	75 psi (5.2 bar)	2 Ret	1.75 Ret	1.75 Ret	4 Ret
	120 lbs (54.4 kg)	275	5 mm	13 mm	100 psi (6.9 bar)	3.5 Ret	1.75 Ret	1.75 Ret	3.5 Ret
	140 lbs (63.5 kg)	275	7 mm	15 mm	125 psi (8.6 bar)	3.5 Ret	1.75 Ret	1.75 Ret	3.25 Ret
	160 lbs (72.6 kg)	300	8 mm	15 mm	110 psi (7.6 bar)	3 Ret	1.75 Ret	1.75 Ret	3.75 Ret
	180 lbs (81.8 kg)	300	8 mm	15 mm	125 psi (8.6 bar)	3.5 Ret	1.75 Ret	1.75 Ret	3.5 Ret
	200 lbs (90.7 kg)	350	6 mm	15 mm	135 psi (9.3 bar)	3 Ret	1.75 Ret	1.75 Ret	3.5 Ret
	220 lbs (99.8 kg)	400	8 mm	15 mm	145 psi (10.0 bar)	3.5 Ret	1.75 Ret	1.75 Ret	3.25 Ret
	240 lbs (108.8 kg)	400	10 mm	15 mm	150 psi (10.3 bar)	3.5 Ret	1.75 Ret	1.75 Ret	3 Ret

	RIDER WEIGHT	SPRING	PRELOAD	SAG	BOOST VALVE	PRO PEDAL	BOTTOM OUT	REBOUND
<b>FOX DHX COIL SHOCK</b>	100 lbs (45.5 kg)	250	1 turn	15 mm	150 psi	7 Ret	1.5 Ret	7 Ret
	120 lbs (54.4 kg)	250	1 turn	15 mm	150 psi	7 Ret	1.5 Ret	7 Ret
	140 lbs (63.5 kg)	300	1 turn	17 mm	150 psi	7 Ret	1.5 Ret	7 Ret
	160 lbs (72.6 kg)	300	1 turn	17 mm	150 psi	7 Ret	1.5 Ret	7 Ret
	180 lbs (81.8 kg)	350	1 turn	17 mm	150 psi	7 Ret	1.5 Ret	7 Ret
	200 lbs (90.7 kg)	350	1 turn	17 mm	150 psi	7 Ret	1.5 Ret	7 Ret
	220 lbs (99.8 kg)	400	1 turn	17 mm	150 psi	7 Ret	1.5 Ret	7 Ret
	240 lbs (108.8 kg)	450	1 turn	17 mm	150 psi	7 Ret	1.5 Ret	7 Ret

AIR SHOCKS	RIDER WEIGHT	AIR PRESSURE	IFP PRESSURE	SAG
<b>PROGRESSIVE AIR SHOCK</b>	100 lbs (45.5 kg)	60-80 psi (4.1-5.5 bar)	50-90 psi (3.4-6.2 bar)	10-15 mm
	120 lbs (54.4 kg)	70-90 psi (4.8-6.2 bar)	50-90 psi (3.4-6.2 bar)	10-15 mm
	140 lbs (63.5 kg)	80-100 psi (5.5-6.8 bar)	50-90 psi (3.4-6.2 bar)	10-15 mm
	160 lbs (72.6 kg)	100-110 psi (6.8-7.5 bar)	80-100 psi (5.5-6.8 bar)	10-15 mm
	180 lbs (81.8 kg)	100-120 psi (6.8-8.2 bar)	90-100 psi (6.2-6.8 bar)	10-15 mm
	200 lbs (90.7 kg)	100-130 psi (6.8-8.9 bar)	90-100 psi (6.2-6.8 bar)	10-15 mm
	220 lbs (99.8 kg)	100-130 psi (6.8-8.9 bar)	90-100 psi (6.2-6.8 bar)	10-15 mm
	240 lbs (108.8 kg)	100-140 psi (6.8-9.6 bar)	100-110 psi (6.8-7.5 bar)	10-15 mm

	RIDER WEIGHT	AIR PRESSURE	SAG
<b>FOX AIR SHOCK</b>	100 lbs (45.5 kg)	80 psi (5.5 bar)	10-15 mm
	120 lbs (54.4 kg)	95 psi (6.6 bar)	10-15 mm
	140 lbs (63.5 kg)	115 psi (7.9 bar)	10-15 mm
	160 lbs (72.6 kg)	135 psi (9.3 bar)	10-15 mm
	180 lbs (81.8 kg)	155 psi (10.6 bar)	10-15 mm
	200 lbs (90.7 kg)	175 psi (12.0 bar)	10-15 mm
	220 lbs (99.8 kg)	195 psi (13.4 bar)	10-15 mm
	240 lbs (108.8 kg)	215 psi (14.8 bar)	10-15 mm

	RIDER WEIGHT	AIR PRESSURE	SHOCK SAG
<b>ANSWER 3 WAY AIR SHOCK</b> Start with 75 psi for SPV, not going below 50 psi, and not to exceed 175 psi.	100 lbs (45.5 kg)	55-65 psi (3.8-4.5 bar)	10-15 mm
	120 lbs (54.4 kg)	65-75 psi (4.5-5.2 bar)	10-15 mm
	140 lbs (63.5 kg)	75-85 psi (5.2-5.9 bar)	10-15 mm
	160 lbs (72.6 kg)	85-95 psi (5.9-6.6 bar)	10-15 mm
	180 lbs (81.8 kg)	95-105 psi (6.6-7.2 bar)	10-15 mm
	200 lbs (90.7 kg)	105-115 psi (7.2-7.9 bar)	10-15 mm
	220 lbs (99.8 kg)	115-125 psi (7.9-8.6 bar)	10-15 mm
	240 lbs (108.8 kg)	125-135 psi (8.6-9.3 bar)	10-15 mm