

JULIANA SL	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)	50-90 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)	80 psi	(5.5 bar)	10-15 mm
	160 lbs	(72.6 kg)	100 psi	(6.8 bar)	80-100 psi	(5.5-6.8 bar)	10-15 mm
	180 lbs	(81.8 kg)	100-110 psi	(6.8-7.5 bar)	80-100 psi	(5.5-6.8 bar)	10-15 mm
	200 lbs	(90.7 kg)	100-120 psi	(6.8-8.2 bar)	80-100 psi	(5.5-6.8 bar)	10-15 mm
	220 lbs	(99.8 kg)	100-130 psi	(6.8-8.9 bar)	100-120 psi	(6.8-8.2 bar)	10-15 mm
	240 lbs	(108.8 kg)	110-140 psi	(7.5-9.6 bar)	110-140 psi	(7.6-9.7 bar)	10-15 mm

	RIDER WEIGHT		AIR PRESSURE		SHOCK SAG
FOX FLOAT R AND FLOAT RP3 AIR SHOCK For size large Juliana frames refer to settings listed for Superlight frame.	100 lbs	(45.5 kg)	60 psi	(4.1 bar)	10-15 mm
	120 lbs	(54.4 kg)	80 psi	(5.5 bar)	10-15 mm
	140 lbs	(63.5 kg)	100 psi	(6.8 bar)	10-15 mm
	160 lbs	(72.6 kg)	120 psi	(8.3 bar)	10-15 mm
	180 lbs	(81.8 kg)	140 psi	(9.7 bar)	10-15 mm
	200 lbs	(90.7 kg)	160 psi	(11.0 bar)	10-15 mm
	220 lbs	(99.8 kg)	180 psi	(12.4 bar)	10-15 mm
	240 lbs	(108.8 kg)	200 psi	(13.8 bar)	10-15 mm

	RIDER WEIGHT		AIR PRESSURE		SHOCK SAG
ANSWER 3 WAY AIR SHOCK Start with 75 psi for SPV, not going below 50 psi, and not to exceed 175 psi.	100 lbs	(45.5 kg)	50-60 psi	(3.5-4.1 bar)	10-15 mm
	120 lbs	(54.4 kg)	60-70 psi	(4.1-4.8 bar)	10-15 mm
	140 lbs	(63.5 kg)	70-80 psi	(4.8-5.5 bar)	10-15 mm
	160 lbs	(72.6 kg)	80-90 psi	(5.5-6.2 bar)	10-15 mm
	180 lbs	(81.8 kg)	90-100 psi	(6.2-6.9 bar)	10-15 mm
	200 lbs	(90.7 kg)	100-110 psi	(6.9-7.6 bar)	10-15 mm
	220 lbs	(99.8 kg)	110-120 psi	(7.6-8.3 bar)	10-15 mm
	240 lbs	(108.8 kg)	120-130 psi	(8.3-8.9 bar)	10-15 mm