

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

100 lbs (45.5 kg)	75-85 psi (5.2-5.9 bar)	75 psi (5.2 bar)	15-20 mm
120 lbs (54.4 kg)	80-90 psi (5.5-6.2 bar)	75 psi (5.2 bar)	15-20 mm
140 lbs (63.5 kg)	100-110 psi (6.9-7.6 bar)	75 psi (5.2 bar)	15-20 mm
160 lbs (72.6 kg)	120-130 psi (8.3-9.0 bar)	75 psi (5.2 bar)	15-20 mm
180 lbs (81.8 kg)	140-150 psi (9.7-10.3 bar)	75 psi (5.2 bar)	15-20 mm
200 lbs (90.7 kg)	160-170 psi (11.0-11.7 bar)	75 psi (5.2 bar)	15-20 mm
220 lbs (99.8 kg)	160-170 psi (11.0-11.7 bar)	90 psi (5.2 bar)	15-20 mm
240 lbs (108.8 kg)	180-190 psi (12.4-13.1 bar)	90 psi (5.2 bar)	15-20 mm

RIDER WEIGHT**AIR PRESSURE****BOOST VALVE****PRO PEDAL****BOTTOM OUT****REBOUND****SHOCK SAG****FOX DHX 5
AIR SHOCK**

100 lbs (45.5 kg)	130 psi (9.0 bar)	100 psi 6.9 bar	10 Ret	1.5 Ret	9 Ret	15-20 mm
120 lbs (54.4 kg)	150 psi (10.3 bar)	100 psi 6.9 bar	10 Ret	1.5 Ret	9 Ret	15-20 mm
140 lbs (63.5 kg)	170 psi (11.7 bar)	100 psi 6.9 bar	10 Ret	1.5 Ret	9 Ret	15-20 mm
160 lbs (72.6 kg)	190 psi (13.1 bar)	100 psi 6.9 bar	10 Ret	1.5 Ret	9 Ret	15-20 mm
180 lbs (81.8 kg)	210 psi (14.5 bar)	100 psi 6.9 bar	10 Ret	1.5 Ret	9 Ret	15-20 mm
200 lbs (90.7 kg)	230 psi (15.9 bar)	100 psi 6.9 bar	10 Ret	1.5 Ret	9 Ret	15-20 mm
220 lbs (99.8 kg)	250 psi (17.2 bar)	100 psi 6.9 bar	10 Ret	1.5 Ret	9 Ret	15-20 mm
240 lbs (108.8 kg)	270 psi (18.6 bar)	100 psi 6.9 bar	10 Ret	1.5 Ret	9 Ret	15-20 mm

RIDER WEIGHT**AIR PRESSURE****SHOCK SAG****FOX FLOAT R
AIR SHOCK**

100 lbs (45.5 kg)	95 psi (6.6 bar)	15-20 mm
120 lbs (54.4 kg)	110 psi (7.6 bar)	15-20 mm
140 lbs (63.5 kg)	130 psi (9 bar)	15-20 mm
160 lbs (72.6 kg)	145 psi (10 bar)	15-20 mm
180 lbs (81.8 kg)	165 psi (11.4 bar)	15-20 mm
200 lbs (90.7 kg)	185 psi (12.8 bar)	15-20 mm
220 lbs (99.8 kg)	195 psi (13.4 bar)	15-20 mm
240 lbs (108.8 kg)	215 psi (14.8 bar)	15-20 mm