

SUPERLIGHT**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 (6.8-8.2 bar) | 10-15 mm |

RIDER WEIGHT**AIR PRESSURE****SHOCK SAG****FOX FLOAT R
AND FLOAT RP3
AIR SHOCK**

| | | |
|--------------------|--------------------|----------|
| 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 (8.2 bar) | 10-15 mm |
| 180 lbs (81.8 kg) | 140 psi (9.6 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 (13.7 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 |