

**Recommended damping adjuster positions**

REBOUND DAMPING ADJUSTER (2)	SPRING ADJUSTER (1)	CONDITIONS	
		RIDER/LOAD	RIDING CONDITIONS
2	1 or 2	One	Ordinary or city road riding
2	2 or 3	One	Highway or winding road riding
3	3 or 4	One	Rough road riding
2	3 to 5	One/carrying load	Ordinary or city road riding
3	4 to 5	One/carrying load	Highway or winding road riding
4	4 to 5	One/carrying load	Rough road riding