



Suspension

1. Turn the adjuster (1) clockwise until it will no longer turn (lightly seats). This is the full hard position.
2. Turn the adjuster counterclockwise 8 clicks. This is the standard position.
3. Make sure that both fork legs are adjusted to the same position.



Rear Suspension Adjustment

The rear suspension can be adjusted for the rider's weight and riding conditions by changing the spring pre-load and the rebound and compression damping. Use the following chart to determine the correct adjustment for you.

The rear shock absorber assembly includes a damper unit that contains high pressure nitrogen gas. Do not attempt to disassemble, service, or dispose of the damper; see your Honda dealer. The instructions found in this owner's manual are limited to adjustments of the shock assembly only.

