

NOTICE

Do not turn the adjuster beyond its natural limits.
Adjust both left and right forks to the same spring preload and rebound damping.

Adjusting the Rear Suspension

Spring Preload

You can adjust the spring preload by the adjuster knob to suit the load or the road surface. Turn clockwise to increase spring preload (hard), or turn counterclockwise to decrease spring preload (soft). The standard position is 7 clicks (**VFR1200X**)/9 clicks (**VFR1200XD**) from the minimum setting.

