

Suspension Settings for Race Track (experienced riders only)

CBR1000S only

The suspension settings for race tracks were developed as a baseline setting for experienced riders weighing approximately 75 kg (165 lb). Depending on your skill level and weight, you may find that slightly softer or stiffer suspension settings provide better performance. Track surface conditions and course layout can also have a large influence on a particular setting or combination of settings.

Always be sure to return the settings to their original specifications before resuming street riding.

🔧 **Adjusting the Front Suspension** [P. 97](#)

🔧 **Adjusting the Rear Suspension** [P. 102](#)