

Suspension Adjustment Guidelines

Follow the procedures described below to accurately adjust your CRF, using the methods described on pages 135 – 143. Remember to make all adjustments in one-click or 1/4 turn increments. Test ride after each adjustment.

Front Suspension Adjustment Adjustments for Type of Track

Hard-surfaced track	Begin with the standard setting. If the suspension is too stiff/soft, adjust to the softer/stiffer setting on the “Recommended Setting” chart below.
Sand track	Adjust to the stiffer setting.
Mud track	Adjust to the stiffer setting because mud build-up increases your CRF’s weight.

If the suspension is too stiff/soft on part of travel, adjust according to the “Adjustments for Too Soft/Stiff On Part Of Travel” chart on next page.

Recommended Setting

	Inner chamber air pressure	Outer chamber air pressure	Balance chamber air pressure	Compression damping adjuster	Rebound damping adjuster
Soft	149 psi (1,025 kPa, 10.5 kgf/cm ²)	10 psi (70 kPa, 0.7 kgf/cm ²)	149 psi (1,025 kPa, 11.0 kgf/cm ²)	Position 7	Position 29
Standard	156 psi (1,075 kPa, 11.0 kgf/cm ²)	12 psi (80 kPa, 0.8 kgf/cm ²)	156 psi (1,075 kPa, 11.0 kgf/cm ²)		
Medium - stiff	163 psi (1,125 kPa, 11.5 kgf/cm ²)	13 psi (90 kPa, 0.9 kgf/cm ²)	163 psi (1,125 kPa, 11.5 kgf/cm ²)		
Stiff	170 psi (1,175 kPa, 12.0 kgf/cm ²)	15 psi (100 kPa, 1.0 kgf/cm ²)	170 psi (1,175 kPa, 12.0 kgf/cm ²)		
Ref. Page	137	138	139	136	136

