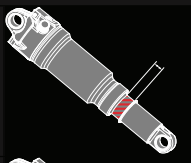
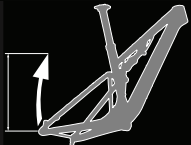


MY26 SUSPENSION SETUP GUIDE



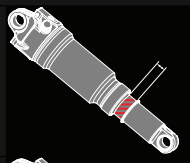
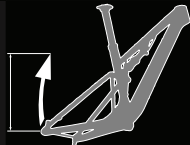
This suspension setup chart provides baseline settings to assist you in configuring your bike according to standard recommendations.

For optimal performance and safety, BMC strongly recommends having your suspension setup checked and adjusted by an authorized BMC retailer.

		FOURSTROKE R 01 ONE		FOURSTROKE R 01 Frameset	
SHOCK MODEL		Öhlins RXC34 Carbon 120mm	Öhlins TXC2 Air 120mm		Öhlins TXC2 Air 120mm
	SAG (% & mm)	15% - 18mm	27.5% - 12mm		27.5% - 12mm
	STROKE		190x45		190x45
	TRAVEL 	120	120		120
RIDER WEIGHT		FRONT FORK	REAR SHOCK		REAR SHOCK
KG	LBS	PSI	PSI		PSI
50	110	63	150		150
55	121	68	160		160
60	132	72	170		170
65	143	77	180		180
70	154	81	190		190
75	165	86	200		200
80	176	90	210		210
85	187	95	220		220
90	198	99	230		230
95	209	104	240		240
100	220	108	250		250
105	231	113	260		260
110	243	117	270		270

The air pressure settings indicated are starting point recommendations only. Actual settings may vary depending on factors such as bike model, rider weight, equipment, riding style, and terrain conditions.

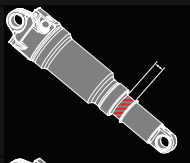
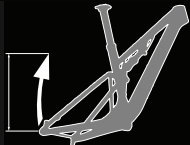
Use these values as a guideline and fine-tune the suspension to achieve your preferred performance and comfort level.

		FOURSTROKE 01 THREE	
SHOCK MODEL		Rockshox SID SL Select 3P 110mm	RockShox SIDLUXE Select+ 3P
	SAG (% & mm)	15-20% - 20mm	27.5% - 12mm
	STROKE		190x45
	TRAVEL 	110	100
RIDER WEIGHT		FRONT FORK	REAR SHOCK
KG	LBS	PSI	PSI
50	110	63	71
55	121	72	81
60	132	81	91
65	143	89	101
70	154	98	111
75	165	107	121
80	176	115	130
85	187	124	140
90	198	133	150
95	209	141	160
100	220	150	170
105	231	159	179
110	243	167	189

For complete information, please refer to the shock manufacturer’s owner’s manual and setup instructions.

All measurements are given in millimeters (mm). Pressures are expressed in Pounds per Square Inch (PSI).

Bike specifications are subject to change without notice.

		FOURSTROKE AMP LT ONE		FOURSTROKE AMP LT TWO	
SHOCK MODEL		RockShox SID Select+ 3P 120mm	RockShox SIDLUXE Select+ 3P 120mm	Rockshox SID 3P 120mm Travel	RockShox SIDLUXE Select+ 3P 120mm
	SAG (% & mm)		27.5% - 11mm		27.5% - 11mm
	STROKE		190x40		190x40
	TRAVEL 	120	120	120	120
RIDER WEIGHT		FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK
KG	LBS	PSI	PSI	PSI	PSI
50	110	54	132	54	132
55	121	61	143	61	143
60	132	69	155	69	155
65	143	76	166	76	166
70	154	83	177	83	177
75	165	91	189	91	189
80	176	98	200	98	200
85	187	106	212	106	212
90	198	113	223	113	223
95	209	120	235	120	235
100	220	128	246	128	246
105	231	135	258	135	258
110	243	143	269	143	269

Setup Procedure

Follow the steps below to correctly set up your suspension:

Set your saddle height.

Saddle height has a direct influence on suspension setup and rider balance.

Reset all damping adjustments.

Set both compression and rebound damping adjusters to zero (fully open position).

Adjust the front fork air spring.

Inflate the fork according to the fully equipped rider weight, following the reference values in the setup table.

Adjust the rear shock air spring.

Inflate the rear shock according to the fully equipped rider weight, following the reference values in the setup table.

Fine-tune damping adjustments.

Set rebound and compression damping according to the shock manufacturer’s recommendations.

