	Cakes, Liquid, Fuel EX			Top Fuel/ Fuel		Palomino
Rider	Spring	SPV	M/C	Spring	M/C	Spring
100	75	50	2 clicks from open / tune from there		2 clicks from open / tune from there	50
110	83	55		60		55
120	90	60		70		60
130	98	65		80		65
140	105	70		90		70
150	113	75		100		75
160	120	80		110		80
170	128	85		120		85
180	135	90		130		90
190	143	95		137		95
200	150	100		145		100
210	158	105		155		105
220	165	110		165		110
230	173	115		175		115
240	180	120		185		120
250	188	125		195		125
Re-bound	Liquid	2/ fast		2/ fast		2/ fast
	Cake	2/slow				

[SUSPENSION SET UP]



Spring: Amount of air pressure pumped into main spring to determine Preload

Preload: The act of increasing a shocks resistance to the riders weight on the shock

Rebound: (Rebound Damping) Adjusting speed at which suspension returns to extended position

SPV: (Stable Platform Valve) Changes in air pressure tunes the amount of rider and pedal forces the shock isolates