HiFi SUSPENSION SETUP GUIDE

Bike	Hi Fi Deluxe				Hi Fi Plus				Hi Fi Pro				
Travel	110mm				110mm				110mm				
Shock stroke	44.45mm				44.45mm				44.45mm				
Shock Sag %	20-25% - sitting on bike				20-25% - sitting on bike				20-25% - sitting on bike				
Fork Sag %	20-25% - standing on bike				20-25% - standing on bike				20-25% - standing on bike				
Suspension	Front F100 RL		Rear RP2		Front Rockshox Reba RL 100		Rear RP2		Front F100 RL		Rear RP23		
Rider Weight (lbs)	Spring (psi)	Reb (clicks out)	Spring (PSI)	Reb (clicks out)	Spring (psi)	Reb (clicks out)	Spring (PSI)	Reb (clicks out)	Spring (psi)	Reb (clicks out)	Spring (PSI)	Reb (clicks out)	Platform No. Setting
100	50	14	110	7	70	14	110	7	50	14	110	7	
110	55	14	120	7	75	14	120	7	55	14	120	7	
120	60	12	130	7	80	12	130	7	60	12	130	7	
130	60	12	140	7	85	12	140	7	60	12	140	7	
140	65	11	150	7	90	11	150	7	65	11	150	7	
150	65	11	160	5	95	11	160	5	65	11	160	5	
160	70	10	170	5	100	10	170	5	70	10	170	5	Start in 2 position.
170	70	10	180	5	105	10	180	5	70	10	180	5	Adjust per desired efficiency.
180	75	9	190	5	110	9	190	5	75	9	190	5	3 = more platform.
190	75	9	200	5	115	9	200	5	75	9	200	5	1 = more active.
200	80	8	210	5	120	8	210	5	80	8	210	5	
210	80	8	220	3	125	8	220	3	80	8	220	3	
220	85	7	230	3	130	7	230	3	85	7	230	3	
230	85	7	240	3	135	7	240	3	85	7	240	3	
240	90	6	250	3	140	6	250	3	90	6	250	3	
250	100	6	260	3	145	6	260	3	100	6	260	3	

TREK

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Follow these steps to optimize the performance of your Trek Full Suspension Mountain Bike:

1. Determine rider weight (individual weight plus riding gear).
2. Adjust rebound and low speed compression settings if applicable as indicated in chart. Turn Pro Pedal off.
3. Be sure to thread the pump head completely on to the valve. Apply pressure as indicated in the chart. Remove pump.
4. Install Trek Sag Meter. If you cannot locate your sag meter, skip ahead to step 6.
5. If adjusting fork, stand on the pedals. If adjusting shock, remain seated.
6. Slide O-ring so that it rests against dust seal.
7. Dismount bike.
8. If o-ring falls within sag meter's window, or if o-ring is within recommended sag measurement, you're ready to ride.
9. If the o-ring falls outside of that window, or is greater or less than recommended measurement, add or subtract pressure as needed.