SUPERFLY100 SUSPENSION SETUP GUIDE

Bike	Superfly 100 Elite						Superfly 100			
Travel	110mm						110mm			
Shock stroke	44.45mm						44.45mm			
Shock Sag %	20-25% - sitting on bike						20-25% - sitting on bike			
Fork Sag %	20-25% - standing on bike						20-25% - standing on bike			
Suspension	Front F100 FIT RLC			Rear RP23 Boost Valve			Front F100 RL		Rear RP2	
Rider Weight (lbs)	Spring (PSI)	Reb (clicks out)	Compression (clicks out)	Spring (PSI)	Reb (clicks out)	Platform No. Setting	Spring (psi)	Reb (clicks out)	Spring (PSI)	Reb (clicks out)
100	50	14	7	110	7		50	14	110	7
110	55	14	7	120	7		55	14	120	7
120	60	12	6	130	7		60	12	130	7
130	60	12	6	140	7		60	12	140	7
140	65	11	5	150	7		65	11	150	7
150	65	11	5	160	5		65	11	160	5
160	70	10	5	170	5	Start in 2 position.	70	10	170	5
170	70	10	5	180	5	Adjust per desired efficiency.	70	10	180	5
180	75	9	4	190	5	3 = more platform.	75	9	190	5
190	75	9	4	200	5	1 = more active	75	9	200	5
200	80	8	4	210	5		80	8	210	5
210	80	8	3	220	3		80	8	220	3
220	85	7	3	230	3		85	7	230	3
230	85	7	3	240	3		85	7	240	3
240	90	6	2	250	3		90	6	250	3
250	100	6	2	260	3		100	6	260	3

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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.