SHOCK SETUP

PP2502 | AL

JAM² 6.0 / 6.8



FORK	Lyrik Ultimate / Lyrik Select
REAR SHOCK	Super Deluxe Select+ / Super Deluxe Select
(SUSPENSION) TRAVEL FRONT	160
SHOCK STROKE [MM]	55

FORK PRESSURE RECOMMENDATION

WEIGHT RIDER [KG]	PRESSURE [PSI]	LSR*
50	55	14
60	66	13
70	77	12
80	88	10
90	99	9
100	110	8
110	120	6
120	120	5

SHOCK PRESSURE RECOMMENDATION

WEIGHT RIDER [KG]	PRESSURE [PSI]	SAG [MM]	SAG [%]	LSR*
50	132	16.50	30	12
60	160	16.50	30	11
70	188	16.50	30	10
80	215	16.50	30	9
90	243	16.50	30	7
100	271	16.50	30	6
110	299	16.50	30	5
120	326	16.50	30	3

*** Low Speed Rebound [LSR]**

JAM² 6.9



FORK	FOX 36 P-SE
REAR SHOCK	FOX Float X P-S
(SUSPENSION) TRAVEL FRONT	160
SHOCK STROKE [MM]	55

FORK PRESSURE RECOMMENDATION

WEIGHT RIDER [KG]	PRESSURE [PSI]	LSR*	HSR*
50	68	10	9
60	77	8	7
70	86	7	6
80	95	6	4
90	104	4	3
100	113	3	2
110	121	2	0
120	130	0	0

SHOCK PRESSURE RECOMMENDATION

WEIGHT RIDER [KG]	PRESSURE [PSI]	SAG [MM]	SAG [%]	LSR*
50	131	16.50	30	9
60	155	16.50	30	8
70	178	16.50	30	7
80	202	16.50	30	5
90	225	16.50	30	4
100	248	16.50	30	3
110	272	16.50	30	2
120	295	16.50	30	1

*** Low Speed Rebound [LSR]**
*** High Speed Rebound [HSR]**

JAM² 6.7



FORK	Psylo Silver RC
REAR SHOCK	Deluxe Select
(SUSPENSION) TRAVEL FRONT	160
SHOCK STROKE [MM]	55

FORK PRESSURE RECOMMENDATION

WEIGHT RIDER [KG]	PRESSURE [PSI]	LSR*
50	82	11
60	103	10
70	125	9
80	147	7
90	168	6
100	190	5
110	211	3
120	219	2

SHOCK PRESSURE RECOMMENDATION

WEIGHT RIDER [KG]	PRESSURE [PSI]	SAG [MM]	SAG [%]	LSR*
50	119	16.50	30	7
60	141	16.50	30	7
70	163	16.50	30	6
80	185	16.50	30	5
90	208	16.50	30	5
100	230	16.50	30	4
110	252	16.50	30	3
120	274	16.50	30	2

*** Low Speed Rebound [LSR]**

FOCUS

JAM²

SHOCK SETUP

PP2502 | AL



JAM² 6.0

FORK	Lyrik Ultimate
REAR SHOCK	Super Deluxe Select+
(SUSPENSION) TRAVEL FRONT	160
SHOCK STROKE [MM]	55

SHOCK PRESSURE RECOMMENDATION

WEIGHT OF RIDER [KG]	SHOCK PRESSURE [PSI]	SAG [MM]	SAG [%]
50	132	16.50	30
60	160	16.50	30
70	188	16.50	30
80	215	16.50	30
90	243	16.50	30
100	271	16.50	30
110	299	16.50	30
120	326	16.50	30



JAM² 6.9

FORK	FOX 36 P-SE
REAR SHOCK	FOX Float X P-S
(SUSPENSION) TRAVEL FRONT	160
SHOCK STROKE [MM]	55

SHOCK PRESSURE RECOMMENDATION

WEIGHT OF RIDER [KG]	SHOCK PRESSURE [PSI]	SAG [MM]	SAG [%]
50	131	16.50	30
60	155	16.50	30
70	178	16.50	30
80	202	16.50	30
90	225	16.50	30
100	248	16.50	30
110	272	16.50	30
120	295	16.50	30



JAM² 6.7

FORK	Psylo Silver RC
REAR SHOCK	Deluxe Select
(SUSPENSION) TRAVEL FRONT	160
SHOCK STROKE [MM]	55

SHOCK PRESSURE RECOMMENDATION

WEIGHT OF RIDER [KG]	SHOCK PRESSURE [PSI]	SAG [MM]	SAG [%]
50	116	16.50	30
60	139	16.50	30
70	162	16.50	30
80	184	16.50	30
90	207	16.50	30
100	230	16.50	30
110	253	16.50	30
120	276	16.50	30