



SUSPENSION SETUP GUIDE

Bike	Top Fuel 8, 9					Top Fuel 9.8, 9.9			
Travel	100mm					100mm			
Shock stroke	38mm					38mm			
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 Reba SL			Rear Float RP-2		Front 32 F-Series Remote		Rear RP23 Boost Valve	
Rider Weight (lbs)	Positive Air Spring	Negative Air Spring	Reb (clicks out)	Spring (PSI)	Reb (clicks out)	Spring (PSI)	Reb (clicks out)	Spring (PSI)	Reb (clicks out)
100	70	70	12	108	7	50	14	108	7
110	75	75	12	115	7	55	14	115	7
120	80	80	12	122	6	60	12	122	6
130	85	85	11	128	6	60	12	128	6
140	90	90	11	135	6	65	11	135	6
150	95	95	11	142	5	65	11	142	5
160	100	100	10	148	5	70	10	148	5
170	105	105	10	155	5	70	10	155	5
180	110	110	10	162	4	75	9	162	4
190	115	115	9	168	4	75	9	168	4
200	120	120	9	175	4	80	8	175	4
210	125	125	9	182	3	80	8	182	3
220	130	130	8	195	3	85	7	195	3
230	135	135	8	208	3	85	7	208	3
240	140	140	7	222	2	90	6	222	2
250	145	145	7	242	2	100	6	242	2

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

- Determine rider weight (individual weight plus riding gear).
- Adjust rebound and low speed compression settings if applicable as indicated in chart. Turn Pro Pedal off. (If adjusting a Top Fuel 9.8 or 9.9, be sure Pro Pedal is off and is in the 1 setting.)
- Be sure to thread the pump head completely on to the valve. Apply pressure as indicated in the chart. Remove pump.
- Install Trek Sag Meter. If you cannot locate your sag meter, skip ahead to step 6.
- If adjusting fork, stand on the pedals. If adjusting shock, remain seated.
- Slide O-ring so that it rests against dust seal.
- Dismount bike.
- If o-ring falls within sag meter's window, or if o-ring is within recommended sag measurement, you're ready to ride.
- If the o-ring falls outside of that window, or is greater or less than recommended measurement, add or subtract pressure as needed.





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FUEL EX SUSPENSION SETUP GUIDE

PAGE 2 **FUEL EX 9.9, 9.8**

PAGE 3 **FUEL EX 9, 8, 8WSD**

PAGE 4 **FUEL EX 7, 6, 5, 5WSD**



SUSPENSION SETUP GUIDE (FUEL EX 9.9, 9.8)

Bike	Fuel EX 9.9					Fuel EX 9.8			
Travel	120mm					120mm			
Shock stroke	50mm					50mm			
Shock Sag %	25-30% - sitting on bike					25-30% - sitting on bike			
Fork Sag %	20-25% - standing on bike					20-25% - standing on bike			
Suspension	Front 32 F-Series FIT RLC			Rear DRCV RP23 Boost Valve		Front 32 F-Series FIT RL		Rear DRCV RP2	
Rider Weight (lbs)	Spring	Reb (clicks out)	LS Comp (turns out)	Spring	Reb (clicks out)	Spring	Reb (clicks out)	Spring	Reb (clicks out)
100lbs	50	12	8	105	7	50	12	105	7
110lbs	55	12	8	115	7	55	12	115	7
120lbs	55	12	8	125	6	55	12	125	6
130lbs	60	11	8	135	6	60	11	135	6
140lbs	60	11	8	145	6	60	11	145	6
150lbs	65	10	7	155	5	65	10	155	5
160lbs	65	10	7	165	5	65	10	165	5
170lbs	70	9	7	175	5	70	9	175	5
180lbs	75	9	6	185	4	75	9	185	4
190lbs	80	9	6	195	4	80	9	195	4
200lbs	85	8	6	205	4	85	8	205	4
210lbs	90	8	5	215	3	90	8	215	3
220lbs	95	8	5	225	3	95	8	225	3
230lbs	100	7	5	235	3	100	7	235	3
240lbs	110	7	4	245	2	110	7	245	2
250lbs	120	7	4	255	2	120	7	255	2

Follow these steps to optimize the performance of your Trek Full Suspension Mountain Bike. Steps 3 & 5 are specific to DRCV-equipped bikes:

- Determine rider weight (individual weight plus riding gear).
- Adjust rebound and low speed compression settings if applicable as indicated in chart. Turn Pro Pedal off.
- Be sure to thread the pump head completely on to the valve. Apply pressure as indicated in the chart. Remove pump.
- Install Trek Sag Meter.
- Compress shock at least 50%.
Note: this step is vital for proper DRCV setup.
- If adjusting fork, stand on the pedals. If adjusting shock, remain seated.
- Slide O-ring so that it rests against dust seal.
- Dismount bike.
- If o-ring falls within sag meter's window, or if o-ring is within recommended sag measurement, you're ready to ride.
Note: be sure to cycle shock 2-3 times after any pressure adjustment
- If the o-ring falls outside of that window, or is greater or less than recommended measurement, add or subtract pressure as needed.





SUSPENSION SETUP GUIDE (FUEL EX 9, 8, 8WSD)

Bike	Fuel EX 9					Fuel EX 8			
Travel	120mm					120mm			
Shock stroke	50mm					50mm			
Shock Sag %	25-30% - sitting on bike					25-30% - sitting on bike			
Fork Sag %	20-25% - standing on bike					20-25% - standing on bike			
Suspension	Front 32 F-Series FIT RLC			Rear DRCV RP23 Boost Valve		Front 32 F-Series RL		Rear DRCV RP23	
Rider Weight (lbs)	Spring	Reb (clicks out)	LS Comp (turns out)	Spring	Reb (clicks out)	Spring	Reb (clicks out)	Spring	Reb (clicks out)
100lbs	50	12	8	105	7	50	12	105	7
110lbs	55	12	8	115	7	55	12	115	7
120lbs	55	12	8	125	6	55	12	125	6
130lbs	60	11	8	135	6	60	11	135	6
140lbs	60	11	8	145	6	60	11	145	6
150lbs	65	10	7	155	5	65	10	155	5
160lbs	65	10	7	165	5	65	10	165	5
170lbs	70	9	7	175	5	70	9	175	5
180lbs	75	9	6	185	4	75	9	185	4
190lbs	80	9	6	195	4	80	9	195	4
200lbs	85	8	6	205	4	85	8	205	4
210lbs	90	8	5	215	3	90	8	215	3
220lbs	95	8	5	225	3	95	8	225	3
230lbs	100	7	5	235	3	100	7	235	3
240lbs	110	7	4	245	2	110	7	245	2
250lbs	120	7	4	255	2	120	7	255	2

Follow these steps to optimize the performance of your Trek Full Suspension Mountain Bike. Steps 3 & 5 are specific to DRCV-equipped bikes:

- Determine rider weight (individual weight plus riding gear).
- Adjust rebound and low speed compression settings if applicable as indicated in chart. Turn Pro Pedal off.
- Be sure to thread the pump head completely on to the valve. Apply pressure as indicated in the chart. Remove pump.
- Install Trek Sag Meter.
- Compress shock at least 50%.
Note: this step is vital for proper DRCV setup.
- If adjusting fork, stand on the pedals. If adjusting shock, remain seated.
- Slide O-ring so that it rests against dust seal.
- Dismount bike.
- If o-ring falls within sag meter's window, or if o-ring is within recommended sag measurement, you're ready to ride.
- If the o-ring falls outside of that window, or is greater or less than recommended measurement, add or subtract pressure as needed.
Note: be sure to cycle shock 2-3 times after any pressure adjustment





SUSPENSION SETUP GUIDE (FUEL EX 7, 6, 5, 5WSD)

Bike	Fuel EX 7				Fuel EX 6				Fuel EX 5			
Travel	120mm				120mm				120mm			
Shock stroke	50mm				50mm				50mm			
Shock Sag %	25-30% - sitting on bike				25-30% - sitting on bike				25-30% - sitting on bike			
Fork Sag %	20-25% - standing on bike				20-25% - standing on bike				20-25% - standing on bike			
Suspension	Front 32 F-Series RL		Rear Float RP-2 XV		Front Recon SL Solo Air		Rear Float RP-2		Front Tora SL Coil		Rear Float RP-2	
Rider Weight (lbs)	Spring	Reb (clicks out)	Spring	Reb (clicks out)	Spring	Reb (clicks out)	Spring	Reb (clicks out)	Spring	Reb (clicks out)	Spring	Reb (clicks out)
100lbs	50	12	50	7	70	12	50	7	---	12	50	7
110lbs	55	12	60	7	75	12	60	7	---	12	60	7
120lbs	55	12	70	6	80	12	70	6	---	12	70	6
130lbs	60	11	80	6	85	11	80	6	---	11	80	6
140lbs	60	11	90	6	90	11	90	6	---	11	90	6
150lbs	65	10	100	5	95	11	100	5	---	11	100	5
160lbs	65	10	110	5	100	10	110	5	---	10	110	5
170lbs	70	9	120	5	105	10	120	5	---	10	120	5
180lbs	75	9	130	4	110	10	130	4	---	10	130	4
190lbs	80	9	140	4	115	9	140	4	---	9	140	4
200lbs	85	8	145	4	120	9	145	4	---	9	145	4
210lbs	90	8	155	3	125	9	155	3	---	9	155	3
220lbs	95	8	165	3	130	8	165	3	---	8	165	3
230lbs	100	7	175	3	135	8	175	3	---	8	175	3
240lbs	110	7	185	2	140	7	185	2	---	7	185	2
250lbs	120	7	195	2	145	7	195	2	---	7	195	2

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

- Determine rider weight (individual weight plus riding gear).
- Adjust rebound and low speed compression settings if applicable as indicated in chart. Turn Pro Pedal off.
- Apply air pressure as indicated in the chart. Remove pump.
- Install Trek Sag Meter.
- If adjusting fork, stand on the pedals. If adjusting shock, remain seated.
- Slide the o-ring to the top of the shock shaft.
- Dismount bike.
- If o-ring falls within sag meter's window, or if o-ring is within recommended sag measurement, you're ready to ride.
- If the o-ring falls outside of that window, repeat steps 5-8 after adding or subtracting pressure as needed.



Bike	Remedy 7, 8, 9.8, 9.9				
Travel	150mm				
Shock stroke	56mm				
Shock Sag %	25-35% - sitting on bike				
Fork Sag %	20-25% - standing on bike				
Suspension	Front Remedy 7 - 32 Float RL Remedy 8 - 32 TALAS RL Remedy 9.8 - 32 TALAS FIT RL Remedy 9.9 - 32 TALAS FIT RLC			Rear Remedy 7, 8, 9.8 - DRCV RP2 Remedy 9.9 - DRCV RP23 Boost Valve	
Rider Weight (lbs)	Spring	Reb (clicks out)	Remedy 9.9 LS comp	Spring	Reb (clicks out)
100	50	14	8	110	7
110	55	14	8	120	7
120	60	14	8	130	6
130	65	12	8	140	6
140	70	12	8	150	6
150	75	12	7	160	5
160	80	10	7	170	5
170	85	10	7	180	5
180	90	10	6	190	4
190	95	10	6	200	4
200	100	9	6	210	4
210	105	9	5	220	3
220	110	9	5	230	3
230	115	8	5	240	3
240	120	8	4	250	2
250	130	7	4	260	2

Follow these steps to optimize the performance of your Trek Full Suspension Mountain Bike. Steps 3 & 5 are specific to DRCV-equipped bikes:

- Determine rider weight (individual weight plus riding gear).
- Adjust rebound and low speed compression settings if applicable as indicated in chart. Turn Pro Pedal off.
- Be sure to thread the pump head completely on to the valve. Apply pressure as indicated in the chart. Remove pump.
- Install Trek Sag Meter.
- Compress shock at least 50%.
Note: this step is vital for proper DRCV setup.
- If adjusting fork, stand on the pedals. If adjusting shock, remain seated.
- Slide O-ring so that it rests against dust seal.
- Dismount bike.
- If o-ring falls within sag meter's window, or if o-ring is within recommended sag measurement, you're ready to ride.
- If the o-ring falls outside of that window, or is greater or less than recommended measurement, add or subtract pressure as needed.
Note: be sure to cycle shock 2-3 times after any pressure adjustment



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SCRATCH SUSPENSION SETUP GUIDE

- PAGE 2 **SCRATCH AIR 8, SCRATCH AIR 6**
PAGE 3 **SCRATCH COIL 9, SCRATCH COIL 7**
PAGE 4 **COIL FORK SETUP**
PAGE 5 **COIL SHOCK SETUP**



SUSPENSION SETUP GUIDE (SCRATCH 9, SCRATCH 7)

Bike	Scratch 9										Scratch Coil 7				
Travel	160mm Front / 170mm Rear										160mm Front / 170mm Rear				
Shock stroke	63mm										63mm				
Shock Sag %	25-35% - sitting on bike										25-35% - sitting on bike				
Shock eye-to-eye at recommended sag	194mm - 200mm										194mm - 200mm				
Fork Sag %	20-25% - standing on bike										20-25% - standing on bike				
Suspension	Front Fox 36 Vanilla RC2 180				Rear Fox DHX Coil RC4						Front Fox 36 Vanilla R 180		Rear Fox Van RC		
Rider Weight (lbs)	Spring	Reb (clicks out)	LS Comp (clicks out)	HS Comp (clicks out)	Spring (lb/in)	Boost Valve (PSI)	Boost Valve Progression (turns out)	Low Speed Compression (clicks out)	High Speed Compression (clicks out)	Rebound (clicks out)	Spring	Reb (clicks out)	Spring (lb/in)	Reb (clicks out)	Compression (clicks out)
Under 120	Black	13	8	12	300	140	3.5	12	12	14	Black	13	300	14	12
120-140	Purple	12	8	12	350	160	3.5	10	12	12	Purple	12	350	12	10
140-160	Blue (std S)	12	8	12	400 (std S)	160	3.5	10	11	10	Blue (std S)	12	400 (std S)	10	10
160-180	Blue (std M)	9	7	10	450 (std M)	160	3.5	9	10	8	Blue (std M)	9	450 (std M)	8	8
180-200	Green (std L)	9	7	10	450 (std M)	160	3.5	9	10	8	Green (std L)	9	450 (std M)	8	8
200-220	Green (std L)	7	6	8	500 (std L)	160	2	7	8	6	Green (std L)	7	500 (std L)	6	6
Over 220	Yellow	7	6	8	550	160	2	6	8	4	Yellow	7	550	4	6

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

- Determine rider weight (individual weight plus riding gear).
- Apply initial pressure and settings as indicated in chart.
- Install Trek Sag Meter (included with bike purchase). If you cannot locate your sag meter, skip ahead to step 4.
- Straddle the bike without bouncing up and down.
- Slide O-ring so that it rests against dust seal.
- Dismount bike.
- If o-ring falls within sag meter's window, or if o-ring is within recommended sag measurement, you're ready to ride.
- If the o-ring falls outside of that window, or is greater or less than recommended measurement, add or subtract pressure as needed.





SUSPENSION SETUP GUIDE

(SCRATCH AIR 8, SCRATCH AIR 6)

Bike	Scratch Air 8					Scratch Air 6			
Travel	160mm Front / 170mm Rear					160mm Front / 170mm Rear			
Shock stroke	63mm					63mm			
Shock Sag %	25-35% - sitting on bike					25-35% - sitting on bike			
Fork Sag %	20-25% - standing on bike					20-25% - standing on bike			
Suspension	Front Fox 36 Talas RLC		Rear Fox RP-23 w/XV			Front Float 36 R		Rear Float RP-2 w/XV	
Rider Weight (lbs)	Spring (PSI)	Reb (clicks out)	Spring	Reb (clicks out)	Boost Valve (PSI)	Spring (PSI)	Reb (clicks out)	Spring	Reb (clicks out)
Under 120	42-44	13	130	8	150	42-44	13	110	7
120-140	44-49	12	150	7	175	44-49	12	130	7
140-160	49-52	12	170	6	175	49-52	12	150	6
160-180	52-64	9	190	6	175	52-64	9	170	5
180-200	64-75	9	210	5	175	64-75	9	190	4
200-220	75-85	7	230	4	175	75-85	7	210	3
Over 220	85-105	7	250	4	175	85-105	7	230	2

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

1. Determine rider weight (individual weight plus riding gear).
2. Apply initial pressure and settings as indicated in chart.
3. Install Trek Sag Meter (included with bike purchase). If you cannot locate your sag meter, skip ahead to step 4.
4. Straddle the bike without bouncing up and down.
5. Slide O-ring so that it rests against dust seal.
6. Dismount bike.
7. If o-ring falls within sag meter's window, or if o-ring is within recommended sag measurement, you're ready to ride.
8. If the o-ring falls outside of that window, or is greater or less than recommended measurement, add or subtract pressure as needed.





COIL FORK SUSPENSION SETUP GUIDE

Tools needed to adjust Fox fork :

- Fork sag indicator
- A person to hold you up

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

1. Install suggested spring rate based on rider weight (include rider + gear)
2. Adjust high speed compression [RC2 only]
 - a) Turn adjustment knob clockwise until knob stops - this is your base setting
 - b) Turn knob counter-clockwise to your recommended setting.
3. Adjust low speed compression [RC2 only]
4. Turn adjustment knob clockwise until knob stops - this is your base setting
5. Turn knob counter-clockwise to your recommended setting
6. Adjust rebound
 - a) Turn adjustment knob clockwise until knob stops - this is your base setting
 - b) Turn knob counter-clockwise to your recommended setting
7. Make sure the coil is preloaded properly
 - a) Turn spring preload adjustment knob counter-clockwise to minimum setting.
8. Mount bike and have your friend hold you up. Cycle fork, settling into a standing riding stance centered on the bike. Slide o-ring on stanchion down to contact seal head.
9. Dismount and check o-ring placement in comparison to sag indicator marks. Compare your measurement with the suggested fork sag range.
 - a) If sag is too great, you can turn preload adjustment knob as necessary. If you reach maximum preload adjustment range and you still have too much sag, it is recommended that you go up to the next spring rate.
 - b) If sag is too little and you are at minimum preload, it is recommended that you go to the next softer rate.
 - c) If you do not achieve proper sag, swap to the appropriate spring and repeat steps #1-8.
10. It's important to note that spring rate is a highly personal setting. Some riders prefer a firmer spring rate for more control on big hits, while others prefer a lower spring rate for optimized suspension performance on lower-speed technical terrain. Consider riding a variety of spring rates to determine your optimal setting.



COIL SHOCK SUSPENSION SETUP GUIDE

Tools needed [for bikes with Fox coil rear shocks]

17mm socket and ratchet (Fox RC4 only)

tape measure

A person to measure shock eye-to-eye

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

1. Install suggested spring rate based on rider weight [include rider + gear]
2. Adjust high speed compression [RC4 only]
 - a. Using a 17mm socket and ratchet, turn adjustment knob clockwise until knob stops - this is your base setting
 - b. Turn knob counter-clockwise to your recommended setting. You will feel clicks when turning with the 17mm socket and ratchet.
3. Adjust low speed compression
 - a. Turn adjustment knob clockwise until knob stops - this is your base setting
 - b. Turn knob counter-clockwise to your recommended setting
4. Adjust rebound
 - a. Turn adjustment knob clockwise until knob stops - this is your base setting
 - b. Turn knob counter-clockwise to your recommended setting
5. Make sure the coil is preloaded properly
 - a. Loosen the collar until the coil is in a fully decompressed state, with the collar tight enough to prevent loose movement of the coil.
 - b. Turn the collar clockwise one full turn.
6. Mount bike and cycle shock, settling into a seated riding stance
7. Have your friend measure the eye-to-eye of the shock
8. Compare your measurement with the suggested shock sag range (refer to setup table).
 - a. If sag is too great, turn coil collar clockwise up to 2 full turns.
IMPORTANT: do not turn collar more than 3 total turns from a fully relaxed state, as spring could coil bind before full travel.
 - b. If sag is too little and you are at 1 turn in, it is recommended that you go to the next softer rate. The spring must have a minimum of half a turn of preload, but this is an indication that you need the next softer rate.
 - c. If this 2.5 -turn range does not achieve proper sag, swap springs and repeat steps #1-8.
9. It's important to note that spring rate is a highly personal setting. Some riders prefer a firmer spring rate for more control on big hits, while others prefer a lower spring rate for optimized suspension performance on lower-speed technical terrain. Consider riding a variety of spring rates to determine your optimal wheel rate setting (spring rate at a given point in travel at the wheel).



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SESSION SUSPENSION SETUP GUIDE

PAGE 2 **SESSION 8**

PAGE 3 **SESSION 88**

PAGE 4 **COIL FORK SETUP**

PAGE 5 **COIL SHOCK SETUP**



SUSPENSION SETUP GUIDE (SESSION 8)

Bike	Session 8						
Travel	203mm						
Shock stroke	70mm						
Shock Sag %	25-35% - sitting on bike						
Shock eye-to-eye at recommended sag	190 - 198mm						
Fork Sag %	20-25% - standing on bike						
Suspension	Front RockShox Boxxer Race			Rear Fox DHX 4.0			
Rider Weight (lbs)	Spring	Rebound (clicks in)	Compression (clicks in)	Spring (lb/in)	Rebound (clicks out)	Boost Valve (PSI)	ProPedal (clicks in)
Under 120	Silver	8	1	300	14	150	0
120-140	Yellow	8	1	350	12	175	0
140-160	Red (std S)	10	2	400 (std S)	10	175	0
160-180	Red (std M)	12	2	450 (std M)	8	175	0
180-200	Blue (L)	14	3	450 (std M)	8	175	4
200-220	Black	16	4	500 (std L)	6	175	5
Over 220	Black	16	4	550	4	175	6



Bike	Session 88									
Travel	203mm									
Shock stroke	70mm									
Shock Sag %	25-35% - sitting on bike									
Shock eye-to-eye at recommended sag	190 - 198mm									
Fork Sag %	20-25% - standing on bike									
Suspension	Front Fox 40 Fit RC2					Rear Fox DHX RC4				
Rider Weight (lbs)	Spring	Low Speed Compression (clicks out)	High Speed Compression (clicks out)	Rebound (clicks out)	Spring (lb/in)	Boost Valve (PSI)	Boost Valve Progression (turns out)	Low Speed Compression (clicks out)	High Speed Compression (clicks out)	Rebound (clicks out)
Under 120	Purple	12	14	10	300	140	3.5	12	12	14
120-140	Purple	10	12	10	350	160	3.5	10	12	12
140-160	Blue (std S)	10	12	8	400 (std S)	160	3.5	10	11	10
160-180	Blue (std M)	8	10	8	450 (std M)	160	3.5	9	10	8
180-200	Blue (std M)	8	10	8	450 (std M)	160	3.5	9	10	8
200-220	Green (std L)	6	10	7	500 (std L)	160	2	7	8	6
Over 220	Yellow	6	8	6	550	160	2	6	8	4

Tools needed to adjust Fox fork :

- Fork sag indicator
- A person to hold you up

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

1. Install suggested spring rate based on rider weight (include rider + gear)
2. Adjust high speed compression [RC2 only]
 - a) Turn adjustment knob clockwise until knob stops - this is your base setting
 - b) Turn knob counter-clockwise to your recommended setting.
3. Adjust low speed compression [RC2 only]
4. Turn adjustment knob clockwise until knob stops - this is your base setting
5. Turn knob counter-clockwise to your recommended setting
6. Adjust rebound
 - a) Turn adjustment knob clockwise until knob stops - this is your base setting
 - b) Turn knob counter-clockwise to your recommended setting
7. Make sure the coil is preloaded properly
 - a) Turn spring preload adjustment knob counter-clockwise to minimum setting.
8. Mount bike and have your friend hold you up. Cycle fork, settling into a standing riding stance centered on the bike. Slide o-ring on stanchion down to contact seal head.
9. Dismount and check o-ring placement in comparison to sag indicator marks. Compare your measurement with the suggested fork sag range.
 - a) If sag is too great, you can turn preload adjustment knob as necessary. If you reach maximum preload adjustment range and you still have too much sag, it is recommended that you go up to the next spring rate.
 - b) If sag is too little and you are at minimum preload, it is recommended that you go to the next softer rate.
 - c) If you do not achieve proper sag, swap to the appropriate spring and repeat steps #1-8.
10. It's important to note that spring rate is a highly personal setting. Some riders prefer a firmer spring rate for more control on big hits, while others prefer a lower spring rate for optimized suspension performance on lower-speed technical terrain. Consider riding a variety of spring rates to determine your optimal setting.



COIL SHOCK SUSPENSION SETUP GUIDE (SESSION 88 ONLY)

Tools needed [for bikes with Fox coil rear shocks]

- 17mm socket and ratchet (Fox RC4 only)
- tape measure
- A person to measure shock eye-to-eye

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

1. Install suggested spring rate based on rider weight [include rider + gear]
2. Adjust high speed compression [RC4 only]
 - a. Using a 17mm socket and ratchet, turn adjustment knob clockwise until knob stops - this is your base setting
 - b. Turn knob counter-clockwise to your recommended setting. You will feel clicks when turning with the 17mm socket and ratchet.
3. Adjust low speed compression
 - a. Turn adjustment knob clockwise until knob stops - this is your base setting
 - b. Turn knob counter-clockwise to your recommended setting
4. Adjust rebound
 - a. Turn adjustment knob clockwise until knob stops - this is your base setting
 - b. Turn knob counter-clockwise to your recommended setting
5. Make sure the coil is preloaded properly
 - a. Loosen the collar until the coil is in a fully decompressed state, with the collar tight enough to prevent loose movement of the coil.
 - b. Turn the collar clockwise one full turn.

IMPORTANT: do not turn collar more than 3 total turns from a fully relaxed state, as spring could coil bind before full travel.
6. Mount bike and cycle shock, settling into a seated riding stance
7. Have your friend measure the eye-to-eye of the shock
8. Compare your measurement with the suggested shock sag range (refer to setup table).
 - a. If sag is too great, turn coil collar clockwise up to 2 full turns.
 - b. If sag is too little and you are at 1 turn in, it is recommended that you go to the next softer rate. The spring must have a minimum of half a turn of preload, but this is an indication that you need the next softer rate.
 - c. If this 2.5 -turn range does not achieve proper sag, swap springs and repeat steps #1-8.
9. It's important to note that spring rate is a highly personal setting. Some riders prefer a firmer spring rate for more control on big hits, while others prefer a lower spring rate for optimized suspension performance on lower-speed technical terrain. Consider riding a variety of spring rates to determine your optimal wheel rate setting (spring rate at a given point in travel at the wheel).