

# 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	Start in 2 position. Adjust per desired efficiency. 3 = more platform. 1 = more active.
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	
170	70	10	180	5	105	10	180	5	70	10	180	5	
180	75	9	190	5	110	9	190	5	75	9	190	5	
190	75	9	200	5	115	9	200	5	75	9	200	5	
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	



# HiFi SUSPENSION SETUP GUIDE

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.



# SUPERFLY/100 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	Start in 2 position.  Adjust per desired efficiency.  3 = more platform.  1 = more active	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		70	10	170	5
170	70	10	5	180	5		70	10	180	5
180	75	9	4	190	5		75	9	190	5
190	75	9	4	200	5		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



## SUPERFLY100 SUSPENSION SETUP GUIDE

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.



# RUMBLEFISH SUSPENSION SETUP GUIDE

Bike	Rumblefish				Rumblefish I				Rumblefish II					
Travel	110mm				110mm				110mm					
Shock stroke	44.45mm				44.45mm				44.45mm					
Shock Sag %	30-55% - sitting on bike				30-35% - sitting on bike				30-35% - sitting on bike					
Fork Sag %	20-25% - standing on bike				20-25% - standing on bike				20-25% - standing on bike					
Suspension	Front Rockshox Reba RL 120		Rear DRCV RP2 BSD		Front F120 RL O/B		Rear DRCV RP2 BSD		Front F120 FIT RLC			Rear DRCV RP23 Boost Valve		
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)	Compression (clicks out)	Spring (PSI)	Reb (clicks out)	Platform No. Setting
100	70	12	90	7	50	12	90	7	50	12	7	90	7	Start in 2 position. Adjust per desired efficiency. 3 = more platform. 1 = more active.
110	75	12	100	7	55	12	100	7	55	12	7	100	7	
120	80	12	110	7	55	12	110	7	55	12	7	110	7	
130	85	11	123	7	60	11	120	7	60	11	7	120	7	
140	90	11	130	7	60	11	130	7	60	11	7	130	7	
150	95	11	140	5	65	10	140	5	65	10	5	140	5	
160	100	10	150	5	65	10	150	5	65	10	5	150	5	
170	105	10	160	5	70	9	160	5	70	9	5	160	5	
180	110	10	170	5	75	9	170	5	75	9	5	170	5	
190	115	9	180	5	80	9	180	5	80	9	5	180	5	
200	120	9	190	5	85	8	190	5	85	8	5	190	5	
210	125	9	200	3	90	8	200	3	90	8	3	200	3	
220	130	8	210	3	95	8	210	3	95	8	3	210	3	
230	135	8	220	3	100	7	220	3	100	7	3	220	3	
240	140	7	230	3	110	7	230	3	110	7	3	230	3	
250	145	7	240	3	120	7	240	3	120	7	3	240	3	



# RUNBLEFISH SUSPENSION SETUP GUIDE

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

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.
5. Compress shock at least 50%.  
*Note: this step is vital for proper DRCV setup.*
6. If adjusting fork, stand on the pedals. If adjusting shock, remain seated.
7. Slide O-ring so that it rests against dust seal.
8. Dismount bike.
9. If o-ring falls within sag meter's window, or if o-ring is within recommended sag measurement, you're ready to ride.
10. 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*

