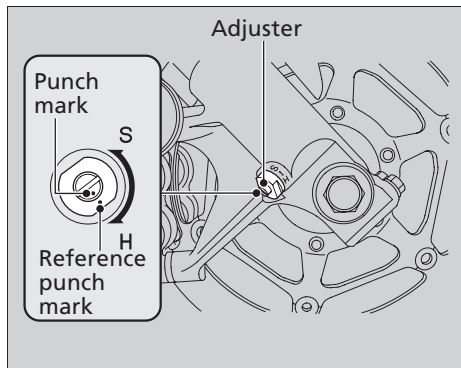


Compression Damping

You can adjust the compression damping by the adjuster to suit the load or the road surface. Turn clockwise to increase compression damping (hard), or turn counterclockwise to decrease compression damping (soft). The standard position is approximately 2 turns (**CBR1000RR**) or 2 1/4 turns (**CBR1000RR ABS**) from the maximum setting so that the punch mark on the adjuster aligns with the reference punch mark.



NOTICE

Do not turn the adjuster beyond its limits.
Adjust both left and right forks to the same spring preload, rebound damping and compression damping.