

# Suspension Adjustment Guidelines

Follow the procedures described below to accurately adjust your CRF, using the methods described on [pages 121 – 140](#). Remember to make all adjustments in one-click or 1/12 turn increments. Test ride after each adjustment.

## Front Suspension Adjustment Adjustments for Type of Track

Hard-surfaced track	Begin with the standard setting. If the suspension is too stiff/soft, adjust to the softer/stiffer setting on the “Recommended Setting” chart below.
Sand track	Adjust to the stiffer setting.
Mud track	Adjust to the stiffer setting because mud build-up increases your CRF’s weight.

If the suspension is too stiff/soft on part of travel, adjust according to the “Adjustments for Too Soft/Stiff On Part Of Travel” chart on next page.

## Recommended Setting

	Inner chamber air pressure	Balance chamber air pressure	Left fork outer tube oil capacity	Compression damping adjuster	Rebound damping adjuster
Soft	167 psi (1,150 kPa, 11.7 kgf/cm <sup>2</sup> )	156 psi (1,075 kPa, 11.0 kgf/cm <sup>2</sup> )	10.5 US oz (310 cm <sup>3</sup> )	Position 5	Position 12
Standard	174 psi (1,200 kPa, 12.2 kgf/cm <sup>2</sup> )	163 psi (1,125 kPa, 11.5 kgf/cm <sup>2</sup> )			
Medium - stiff	181 psi (1,250 kPa, 12.7 kgf/cm <sup>2</sup> )	170 psi (1,175 kPa, 12.0 kgf/cm <sup>2</sup> )			
Stiff	189 psi (1,300 kPa, 13.3 kgf/cm <sup>2</sup> )	178 psi (1,225 kPa, 12.5 kgf/cm <sup>2</sup> )			
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