

FRONT

	Standard	Race	Road
Pre-load	3 grooves	3 grooves (7mm) 2 grooves (6mm)	2 grooves (6mm)
Rebound	6 out	5 out	7 out
Low Speed Compression	14 out	11 out (10 out)	16 out
High Speed Compression	3 turns out	3 turns out	3 turns out

REAR

	Standard	Race	Road
Pre-load		10mm thread	10mm thread
Rebound	11 out	8 out	10 out
Low Speed Compression	14 out	13 out	16 out
High Speed Compression	3 turns out	2 & 5/6 turns out	2 & 5/6 turns out