

SHOCK SETUP

FOCUS SAM² 6.0



FORK	ZEB Ultimate
REAR SHOCK	VIVID Coil Ultimate
(SUSPENSION) TRAVEL FRONT	170
SHOCK STROKE [MM]	62,5

FORK PRESSURE RECOMMENDATION		
WEIGHT RIDER [KG]	PRESSURE [PSI]	LSR*
50	43	14
60	52	13
70	61	12
80	70	10
90	79	9
100	88	8
110	94	6
120	94	5

SHOCK PRESSURE RECOMMENDATION				
WEIGHT RIDER [KG]	calc. Spring Rate [lbs]	Spring Rate [lbs]	Sag [mm]	SAG [%]
50	219	200	18.75	30
60	291	300	18.75	30
70	363	350	18.75	30
80	436	450	18.75	30
90	508	500	18.75	30
100	580	600	18.75	30
110	652	650	18.75	30
120	724	700	18.75	30

* Low Speed Rebound [LSR]

FOCUS SAM² 6.9



FORK	FOX 38 F-S
REAR SHOCK	FOX DHX P-S
(SUSPENSION) TRAVEL FRONT	170
SHOCK STROKE [MM]	62,5

FORK PRESSURE RECOMMENDATION				
WEIGHT RIDER [KG]	PRESSURE [PSI]	LSR*	HSR*	
50	67	10	10	
60	77	9	8	
70	86	8	7	
80	96	6	5	
90	105	5	3	
100	115	3	2	
110	124	2	0	
120	133	1	0	

SHOCK PRESSURE RECOMMENDATION				
WEIGHT RIDER [KG]	calc. Spring Rate [lbs]	Spring Rate [lbs]	Sag [mm]	SAG [%]
50	340	350	18.75	30
60	388	400	18.75	30
70	437	450	18.75	30
80	485	500	18.75	30
90	533	550	18.75	30
100	581	600	18.75	30
110	630	650	18.75	30
120	678	700	18.75	30

* Low Speed Rebound [LSR]

* High Speed Rebound [HSR]

FOCUS SAM² 6.8



FORK	FOX 38 Rhythm
REAR SHOCK	FOX DHX P-S
(SUSPENSION) TRAVEL FRONT	170
SHOCK STROKE [MM]	62,5

FORK PRESSURE RECOMMENDATION		
WEIGHT RIDER [KG]	PRESSURE [PSI]	LSR*
50	55	13
60	64	12
70	73	10
80	83	7
90	92	5
100	101	3
110	110	1
120	119	0

SHOCK PRESSURE RECOMMENDATION				
WEIGHT RIDER [KG]	calc. Spring Rate [lbs]	Spring Rate [lbs]	Sag [mm]	SAG [%]
50	340	350	18.75	30
60	388	400	18.75	30
70	437	450	18.75	30
80	485	500	18.75	30
90	533	550	18.75	30
100	581	600	18.75	30
110	630	650	18.75	30
120	678	700	18.75	30

* Low Speed Rebound [LSR]

