

Control knob

Full counter-clockwise is position one. (Large tab at twelve o'clock position)
Compression and extension dampening are at the minimum setting. (Softest)
As the knob is rotated clockwise, both the extension and compression dampening increase. (Become stiffer)

Recommended starting point

Front struts:

- Drag race- Turn to position 2 or 3
To increase weight transfer, rotate counter-clockwise.
- Street- Turn to position 4 or 5.
For firmer ride, rotate clockwise.
- Road race- Turn to position 7 or 8
For firmer ride, rotate clockwise.

Rear shocks:

- Drag race- Turn to position 5
To plant the tires harder, rotate counter-clockwise.
To decrease "wheel-hop", rotate clockwise.
- Street- Turn to position 4 or 5.
For firmer ride, rotate clockwise.
- Road race- Turn to position 7 or 8.
For firmer ride, rotate clockwise.