



**SUPERNOUGHT //**  
**SHOCK SET UP - VIVID COIL ULTIMATE DH**

# ROCKSHOX VIVID COIL ULTIMATE DH SHOCK



## STEP 1



For the **Supernought** we recommend 28 - 30% sag (or 21 - 22.5mm of shaft insertion). **Please reference the chart on page 02 for your recommended spring weight.** These spring weights will provide approximately 30% sag.

To measure sag on the VIVID, push the bottom out bumper up against the shock body and carefully sit on the bike wearing your riding kit and measure how far it has moved.

## STEP 2



Turn the Rebound adjuster [red ring] all the way to the closed position (full clockwise). Set the compression adjusters [blue rings] to their middle positions.

The recommended settings are **shown below on page 02**, use the chart to determine your baseline settings.

# ROCKSHOX VIVID COIL ULTIMATE DH SHOCK



RIDER WEIGHT		SPRING WEIGHT Lb/In	HIGH SPEED COMPRESSION HSC *	LOW SPEED COMPRESSION LSC *	REBOUND LSR **
130 - 145 lbs	59 - 66 kg	250	-1	-1	13 - 15
145 - 160 lbs	66 - 73 kg	300	0	0	12 - 14
160 - 175 lbs	73 - 80 kg	350	0	0	11 - 13
175 - 190 lbs	80 - 86 kg	400	0	0	10 - 12
190 - 205 lbs	86 - 93 kg	450	0	0	9 - 11
205 - 220 lbs	93 - 100 kg	500	0	0	7 - 9

\*From mid-position

\*\* From closed position

- Tune: R55 C34

- For more information on the [Vivid Coil Ultimate DH](#).

- Compression adjustment is referenced from the mid-position [0]. 2 clicks of adjustment are available in either direction, positive or negative from middle. A positive adjustment will provide heavier damping, a negative adjustment will provide lighter damping