



# DREADNOUGHT E SUSPENSION SETUP



# IMPORTANT INFORMATION

## SUSPENSION SETUP

Your weight, riding style and the trails you ride all factor into how you will want to set up your suspension. Personal preferences will determine the exact settings that will work best for you. If you don't have the necessary skills to set up your suspension, please refer to your local bike shop or authorized Forbidden dealer for professional help from a qualified person.



### **WARNING - Incremental Changes.**

Any bike's handling is highly influenced by each adjustment made to the fork or shock's adjustment dials. Please take it easy on your first test ride. To reduce the likelihood of crashing, make small incremental changes to your fork and shock settings. Make mental or physical notes as to where you are with your settings.



### **WARNING - Maximum Pressure Limits**

Do not exceed the maximum pressure limit of the manufacturer. Refer to the manufacturer's literature for more information.



Do not compress suspension while shock pump is attached. We recommend always removing the shock pump before cycling the suspension as best practice.



Measure shock sag in the seated position. The rider should slowly lower themselves on the bike seat until their feet just come off the floor. Stand up and measure the sag.




Forbidden bikes sag under their own weight. To measure final suspension pressures,


- **Shock** pressure, lift the **rear** wheel off the floor
- **Fork** pressure, lift the **front** wheel off the floor


# DREADNOUGHT E, TIER 1

## SUSPENSION SETUP



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### SHOCK, ROCKSHOX VIVID COIL ULTIMATE

RIDER WEIGHT		SPRING WEIGHT (LB/IN)		REBOUND <sup>1</sup>	COMPRESSION <sup>2</sup>		ADJUSTABLE BOTTOM OUT <sup>3</sup>
LBS	KG	PLUSH 35% SAG / 22.8mm	FIRM 32% SAG / 20.8mm	LOW-SPEED	LOW-SPEED	HIGH-SPEED	
125	56.8	225	250	14	(+)1	0	(+)2
135	61.4	250	275	13	(+)1	0	(+)2
145	65.9	275	300	12	(+)1	0	(+)2
155	70.5	300	325	11	(+)1	0	(+)2
165	75.0	325	350	10	(+)1	0	(+)2
175	79.5	350	375	9	(+)1	0	(+)2
185	84.1	375	400	8	(+)1	0	(+)2
195	88.6	400	425	7	(+)1	0	(+)2
205	93.2	425	450	6	(+)1	0	(+)2
215	97.7	450	475	5	(+)1	0	(+)2
225	102.3	475	500	4	(+)1	0	(+)2
235	106.8	500	525	3	(+)1	0	(+)2
245	111.4	525	550	2	(+)1	0	(+)2

### FORK, ROCKSHOX ZEB ULTIMATE

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND <sup>1</sup>	COMPRESSION <sup>2</sup>		ADJUSTABLE BOTTOM OUT <sup>3</sup>
LBS	KG	PLUSH	FIRM	LOW-SPEED	LOW-SPEED	HIGH-SPEED	
125	56.8	87	90	18	(+)3	0	(+)4
135	61.4	94	97	17	(+)3	0	(+)4
145	65.9	101	104	16	(+)3	0	(+)4
155	70.5	108	111	15	(+)3	0	(+)4
165	75.0	115	118	14	(+)3	0	(+)4
175	79.5	122	125	13	(+)3	0	(+)4
185	84.1	129	133	12	(+)3	0	(+)4
195	88.6	136	140	11	(+)3	0	(+)4
205	93.2	143	147	10	(+)3	0	(+)4
215	97.7	150	154	9	(+)3	0	(+)4
225	102.3	157	161	8	(+)3	0	(+)4
235	106.8	163	168	7	(+)3	0	(+)4
245	111.4	170	176	6	(+)3	0	(+)4

<sup>1</sup> CLICKS FROM CLOSED




<sup>2</sup> CLICKS FROM MIDDLE

<sup>3</sup> CLICKS FROM OPEN



# DREADNOUGHT E, TIER 2

## SUSPENSION SETUP

-  Do not compress suspension while shock pump is attached. We recommend always removing the shock pump before cycling the suspension as best practice.
-  Measure shock sag in the seated position. The rider should slowly lower themselves on the bike seat until their feet just come off the floor. Stand up and measure the sag.
-  Forbidden bikes sag under their own weight. To measure final suspension pressures,
  - **Shock** pressure, lift the **rear** wheel off the floor
  - **Fork** pressure, lift the **front** wheel off the floor

## SHOCK, FOX FLOAT X2

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND <sup>1</sup>		COMPRESSION <sup>1</sup>	
LBS	KG	PLUSH 35% SAG / 22.8mm	FIRM 32% SAG / 20.8mm	LOW-SPEED	HIGH-SPEED	LOW-SPEED	HIGH-SPEED
125	56.8	124	127	16	8	9	5
135	61.4	134	138	15	7	9	5
145	65.9	143	148	15	7	9	5
155	70.5	153	158	14	6	9	5
165	75.0	163	168	13	6	9	5
175	79.5	173	178	12	5	9	5
185	84.1	183	188	11	5	9	5
195	88.6	193	199	10	4	9	5
205	93.2	203	209	10	4	9	5
215	97.7	213	219	9	3	9	5
225	102.3	223	229	8	3	9	5
235	106.8	232	239	7	2	9	5
245	111.4	242	250	6	2	9	5

## FORK, FOX 38 GRIP X2


RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND <sup>1</sup>		COMPRESSION <sup>1</sup>	
LBS	KG	PLUSH	FIRM	LOW-SPEED	HIGH-SPEED	LOW-SPEED	HIGH-SPEED
125	56.8	56	57	10	8	6	5
135	61.4	60	62	10	8	6	5
145	65.9	64	66	9	7	6	5
155	70.5	69	71	9	6	6	5
165	75.0	73	76	8	6	6	5
175	79.5	78	80	8	5	6	5
185	84.1	82	85	7	5	6	5
195	88.6	87	89	7	4	6	5
205	93.2	91	94	6	3	6	5
215	97.7	96	98	5	2	6	5
225	102.3	100	103	4	2	6	5
235	106.8	104	108	3	1	6	5
245	111.4	109	112	2	1	6	5


<sup>1</sup> CLICKS FROM CLOSED


# DREADNOUGHT E, TIER 3

## SUSPENSION SETUP



 Do not compress suspension while shock pump is attached. We recommend always removing the shock pump before cycling the suspension as best practice.

 Measure shock sag in the seated position. The rider should slowly lower themselves on the bike seat until their feet just come off the floor. Stand up and measure the sag.

 Forbidden bikes sag under their own weight. To measure final suspension pressures,

- **Shock** pressure, lift the **rear** wheel off the floor
- **Fork** pressure, lift the **front** wheel off the floor

### SHOCK, ROCKSHOX VIVID AIR SELECT+

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND <sup>1</sup>	COMPRESSION <sup>2</sup>	ADJUSTABLE BOTTOM OUT <sup>3</sup>
LBS	KG	PLUSH 35% SAG / 22.8mm	FIRM 32% SAG / 20.8mm	LOW-SPEED	LOW-SPEED	
125	56.8	158	163	15	0	(+2)
135	61.4	171	176	14	0	(+2)
145	65.9	183	189	13	0	(+2)
155	70.5	196	202	12	0	(+2)
165	75.0	209	215	11	0	(+2)
175	79.5	221	228	10	0	(+2)
185	84.1	234	241	9	0	(+2)
195	88.6	247	254	7	0	(+2)
205	93.2	259	267	6	0	(+2)
215	97.7	272	280	5	0	(+2)
225	102.3	285	293	4	0	(+2)
235	106.8	297	306	3	0	(+2)
245	111.4	310	319	2	0	(+2)

### FORK, ROCKSHOX ZEB SELECT+

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND <sup>1</sup>	COMPRESSION <sup>2</sup>	
LBS	KG	PLUSH	FIRM	LOW-SPEED	LOW-SPEED	HIGH-SPEED
125	56.8	87	90	18	(+3)	0
135	61.4	94	97	17	(+3)	0
145	65.9	101	104	16	(+3)	0
155	70.5	108	111	15	(+3)	0
165	75.0	115	118	14	(+3)	0
175	79.5	122	125	13	(+3)	0
185	84.1	129	133	12	(+3)	0
195	88.6	136	140	11	(+3)	0
205	93.2	143	147	10	(+3)	0
215	97.7	150	154	9	(+3)	0
225	102.3	157	161	8	(+3)	0
235	106.8	163	168	7	(+3)	0
245	111.4	170	176	6	(+3)	0

<sup>1</sup> CLICKS FROM CLOSED


<sup>2</sup> CLICKS FROM MIDDLE


<sup>3</sup> CLICKS FROM OPEN


# DREADNOUGHT E, TIER 4

## SUSPENSION SETUP



 Do not compress suspension while shock pump is attached. We recommend always removing the shock pump before cycling the suspension as best practice.

 Measure shock sag in the seated position. The rider should slowly lower themselves on the bike seat until their feet just come off the floor. Stand up and measure the sag.

 Forbidden bikes sag under their own weight. To measure final suspension pressures,

- **Shock** pressure, lift the **rear** wheel off the floor
- **Fork** pressure, lift the **front** wheel off the floor

### SHOCK, ROCKSHOX SUPER DELUXE BASE

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND <sup>1</sup>
LBS	KG	PLUSH 35% SAG / 22.8mm	FIRM 32% SAG / 20.8mm	LOW-SPEED
125	56.8	142	146	13
135	61.4	153	158	12
145	65.9	165	170	11
155	70.5	176	181	10
165	75.0	187	193	9
175	79.5	199	205	8
185	84.1	210	216	8
195	88.6	221	228	7
205	93.2	233	240	6
215	97.7	244	251	5
225	102.3	255	263	4
235	106.8	267	275	3
245	111.4	278	286	2

### FORK, ROCKSHOX ZEB BASE

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND <sup>1</sup>	COMPRESSION <sup>2</sup>
LBS	KG	PLUSH	FIRM	LOW-SPEED	LOW-SPEED
125	56.8	41	42	18	0
135	61.4	44	45	17	0
145	65.9	47	49	15	0
155	70.5	51	52	14	0
165	75.0	54	55	13	0
175	79.5	57	59	11	0
185	84.1	60	62	10	0
195	88.6	64	65	9	0
205	93.2	67	69	7	0
215	97.7	70	72	6	0
225	102.3	73	76	5	0
235	106.8	77	79	3	0
245	111.4	80	82	2	0

<sup>1</sup> CLICKS FROM CLOSED

<sup>2</sup> CLICKS FROM MIDDLE