




DRUID V2 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


DRUID V2, TIER 1

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

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SHOCK, ROCKSHOX SUPER DELUXE ULTIMATE

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹	COMPRESSION ²	
LBS	KG	PLUSH 35% SAG / 17.5mm	FIRM 32% SAG / 16mm	LOW-SPEED	LOW-SPEED	HIGH-SPEED
125	56.8	140	144	14	(+)1	0
135	61.4	151	156	13	(+)1	0
145	65.9	162	167	12	(+)1	0
155	70.5	174	179	11	(+)1	0
165	75.0	185	190	10	(+)1	0
175	79.5	196	202	9	(+)1	0
185	84.1	207	213	8	(+)1	0
195	88.6	218	225	7	(+)1	0
205	93.2	230	237	6	(+)1	0
215	97.7	241	248	5	(+)1	0
225	102.3	252	260	4	(+)1	0
235	106.8	263	271	3	(+)1	0
245	111.4	274	283	2	(+)1	0

FORK, ROCKSHOX LYRIK ULTIMATE

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹	COMPRESSION ²		ADJUSTABLE BOTTOM OUT ³
LBS	KG	PLUSH	FIRM	LOW-SPEED	LOW-SPEED	HIGH-SPEED	
125	56.8	85	88	20	(+)3	0	5
135	61.4	92	95	18	(+)3	0	5
145	65.9	99	102	17	(+)3	0	5
155	70.5	106	109	16	(+)3	0	5
165	75.0	113	116	15	(+)3	0	5
175	79.5	120	123	14	(+)3	0	5
185	84.1	126	130	13	(+)3	0	5
195	88.6	133	137	12	(+)3	0	5
205	93.2	140	144	11	(+)3	0	5
215	97.7	147	151	10	(+)3	0	5
225	102.3	154	158	9	(+)3	0	5
235	106.8	161	165	8	(+)3	0	5
245	111.4	167	172	7	(+)3	0	5

¹ CLICKS FROM CLOSED


² CLICKS FROM MIDDLE


³ CLICKS FROM OPEN


DRUID V2, 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 X

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹	COMPRESSION ¹
LBS	KG	PLUSH 35% SAG / 17.5mm	FIRM 32% SAG / 16mm	LOW-SPEED	LOW-SPEED
125	56.8	122	126	14	6
135	61.4	132	136	13	6
145	65.9	142	146	12	6
155	70.5	152	156	11	6
165	75.0	161	166	10	6
175	79.5	171	176	9	6
185	84.1	181	186	8	6
195	88.6	191	196	7	6
205	93.2	201	207	6	6
215	97.7	210	217	5	6
225	102.3	220	227	4	6
235	106.8	230	237	3	6
245	111.4	240	247	2	6

FORK, FOX 36 GRIP X2


RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹		COMPRESSION ¹	
LBS	KG	PLUSH	FIRM	LOW-SPEED	HIGH-SPEED	LOW-SPEED	HIGH-SPEED
125	56.8	59	61	10	8	6	5
135	61.4	64	66	9	7	6	5
145	65.9	69	71	9	7	6	5
155	70.5	73	75	8	6	6	5
165	75.0	78	80	7	6	6	5
175	79.5	83	85	7	5	6	5
185	84.1	87	90	6	4	6	5
195	88.6	92	95	5	4	6	5
205	93.2	97	100	5	3	6	5
215	97.7	102	105	4	3	6	5
225	102.3	106	110	3	2	6	5
235	106.8	111	114	3	2	6	5
245	111.4	116	119	2	1	6	5


¹ CLICKS FROM CLOSED


DRUID V2, 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 SUPER DELUXE SELECT+

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹	COMPRESSION ²
LBS	KG	PLUSH 35% SAG / 17.5mm	FIRM 32% SAG / 16mm	LOW-SPEED	LOW-SPEED
125	56.8	140	144	14	(+1)
135	61.4	151	156	13	(+1)
145	65.9	162	167	12	(+1)
155	70.5	174	179	11	(+1)
165	75.0	185	190	10	(+1)
175	79.5	196	202	9	(+1)
185	84.1	207	213	8	(+1)
195	88.6	218	225	7	(+1)
205	93.2	230	237	6	(+1)
215	97.7	241	248	5	(+1)
225	102.3	252	260	4	(+1)
235	106.8	263	271	3	(+1)
245	111.4	274	283	2	(+1)

FORK, ROCKSHOX LYRIK SELECT+

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹	COMPRESSION ²	
LBS	KG	PLUSH	FIRM	LOW-SPEED	LOW-SPEED	HIGH-SPEED
125	56.8	85	88	20	(+3)	0
135	61.4	92	95	18	(+3)	0
145	65.9	99	102	17	(+3)	0
155	70.5	106	109	16	(+3)	0
165	75.0	113	116	15	(+3)	0
175	79.5	120	123	14	(+3)	0
185	84.1	126	130	13	(+3)	0
195	88.6	133	137	12	(+3)	0
205	93.2	140	144	11	(+3)	0
215	97.7	147	151	10	(+3)	0
225	102.3	154	158	9	(+3)	0
235	106.8	161	165	8	(+3)	0
245	111.4	167	172	7	(+3)	0

¹ CLICKS FROM CLOSED

² CLICKS FROM MIDDLE