




DRUID 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




DRUID E, TIER 1

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.

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- **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 / 19.3mm	FIRM 32% SAG / 17.6mm	LOW-SPEED	LOW-SPEED
125	56.8	132	136	9	6
135	61.4	143	147	8	6
145	65.9	153	158	8	6
155	70.5	164	169	7	6
165	75.0	174	179	7	6
175	79.5	185	190	6	6
185	84.1	195	201	6	6
195	88.6	206	212	5	6
205	93.2	217	223	4	6
215	97.7	227	234	4	6
225	102.3	238	245	3	6
235	106.8	248	256	3	6
245	111.4	259	267	2	6

FORK, FOX PODIUM


RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹		COMPRESSION ¹	
LBS	KG	PLUSH	FIRM	LOW-SPEED	HIGH-SPEED	LOW-SPEED	HIGH-SPEED
125	56.8	61	63	13	8	8	4
135	61.4	66	68	12	7	8	4
145	65.9	71	73	11	7	8	4
155	70.5	76	78	10	6	8	4
165	75.0	81	83	9	6	8	4
175	79.5	86	88	8	5	8	4
185	84.1	90	93	7	4	8	4
195	88.6	95	98	6	4	8	4
205	93.2	100	103	5	3	8	4
215	97.7	105	108	4	2	8	4
225	102.3	110	113	3	1	8	4
235	106.8	115	118	2	1	8	4
245	111.4	120	123	1	0	8	4


¹ CLICKS FROM CLOSED


DRUID 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 X

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹	COMPRESSION ¹
LBS	KG	PLUSH 35% SAG / 19.3mm	FIRM 32% SAG / 17.6mm	LOW-SPEED	LOW-SPEED
125	56.8	132	136	9	6
135	61.4	143	147	8	6
145	65.9	153	158	8	6
155	70.5	164	169	7	6
165	75.0	174	179	7	6
175	79.5	185	190	6	6
185	84.1	195	201	6	6
195	88.6	206	212	5	6
205	93.2	217	223	4	6
215	97.7	227	234	4	6
225	102.3	238	245	3	6
235	106.8	248	256	3	6
245	111.4	259	267	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	64	66	10	8	6	5
135	61.4	69	71	9	7	6	5
145	65.9	74	76	9	7	6	5
155	70.5	79	82	8	6	6	5
165	75.0	84	87	7	6	6	5
175	79.5	89	92	7	5	6	5
185	84.1	95	97	6	4	6	5
195	88.6	100	103	5	4	6	5
205	93.2	105	108	5	3	6	5
215	97.7	110	113	4	2	6	5
225	102.3	115	118	3	2	6	5
235	106.8	120	124	3	1	6	5
245	111.4	125	129	2	1	6	5


¹ CLICKS FROM CLOSED


DRUID 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 SUPER DELUXE SELECT+

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹	COMPRESSION ²
LBS	KG	PLUSH 35% SAG / 19.3mm	FIRM 32% SAG / 17.6mm	LOW-SPEED	LOW-SPEED
125	56.8	154	159	13	0
135	61.4	167	172	12	0
145	65.9	179	185	11	0
155	70.5	192	197	10	0
165	75.0	204	210	9	0
175	79.5	216	223	8	0
185	84.1	229	236	7	0
195	88.6	241	248	6	0
205	93.2	253	261	5	0
215	97.7	266	274	5	0
225	102.3	278	286	4	0
235	106.8	290	299	3	0
245	111.4	303	312	2	0

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	92	95	18	(+)3	0
135	61.4	100	103	17	(+)3	0
145	65.9	107	110	16	(+)3	0
155	70.5	114	118	15	(+)3	0
165	75.0	122	125	14	(+)3	0
175	79.5	129	133	13	(+)3	0
185	84.1	136	141	12	(+)3	0
195	88.6	144	148	11	(+)3	0
205	93.2	151	156	10	(+)3	0
215	97.7	159	163	9	(+)3	0
225	102.3	166	171	7	(+)3	0
235	106.8	173	179	6	(+)3	0
245	111.4	181	186	5	(+)3	0


¹ CLICKS FROM CLOSED


² CLICKS FROM MIDDLE




DRUID 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 ¹
LBS	KG	PLUSH 35% SAG / 19.3mm	FIRM 32% SAG / 17.6mm	LOW-SPEED
125	56.8	154	159	13
135	61.4	167	172	12
145	65.9	179	185	11
155	70.5	192	197	10
165	75.0	204	210	9
175	79.5	216	223	8
185	84.1	229	236	7
195	88.6	241	248	6
205	93.2	253	261	5
215	97.7	266	274	5
225	102.3	278	286	4
235	106.8	290	299	3
245	111.4	303	312	2

FORK, ROCKSHOX LYRIK BASE

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹	COMPRESSION ²
LBS	KG	PLUSH	FIRM	LOW-SPEED	LOW-SPEED
125	56.8	56	58	18	0
135	61.4	60	62	16	0
145	65.9	65	67	14	0
155	70.5	69	72	13	0
165	75.0	74	76	12	0
175	79.5	78	81	11	0
185	84.1	83	85	10	0
195	88.6	87	90	9	0
205	93.2	92	95	8	0
215	97.7	96	99	7	0
225	102.3	101	104	5	0
235	106.8	105	108	3	0
245	111.4	110	113	2	0

¹ CLICKS FROM CLOSED

² CLICKS FROM MIDDLE