



DREADNOUGHT 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





DREADNOUGHT V2, 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.

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SHOCK, ROCKSHOX VIVID AIR ULTIMATE

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹	COMPRESSION ²		ADJUSTABLE BOTTOM OUT ³
LBS	KG	PLUSH 35% SAG / 21mm	FIRM 32% SAG / 19.2mm	LOW-SPEED	LOW-SPEED	HIGH-SPEED	
125	56.8	148	153	16	(+)1	0	(+)2
135	61.4	160	165	15	(+)1	0	(+)2
145	65.9	172	177	15	(+)1	0	(+)2
155	70.5	184	189	14	(+)1	0	(+)2
165	75.0	196	202	13	(+)1	0	(+)2
175	79.5	207	214	12	(+)1	0	(+)2
185	84.1	219	226	12	(+)1	0	(+)2
195	88.6	231	238	11	(+)1	0	(+)2
205	93.2	243	251	10	(+)1	0	(+)2
215	97.7	255	263	9	(+)1	0	(+)2
225	102.3	267	275	9	(+)1	0	(+)2
235	106.8	279	287	8	(+)1	0	(+)2
245	111.4	290	299	7	(+)1	0	(+)2

FORK, ROCKSHOX ZEB 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	80	82	18	(+)3	0	(+)4
135	61.4	86	89	17	(+)3	0	(+)4
145	65.9	92	95	16	(+)3	0	(+)4
155	70.5	99	102	15	(+)3	0	(+)4
165	75.0	105	108	14	(+)3	0	(+)4
175	79.5	111	115	13	(+)3	0	(+)4
185	84.1	118	121	12	(+)3	0	(+)4
195	88.6	124	128	11	(+)3	0	(+)4
205	93.2	130	134	10	(+)3	0	(+)4
215	97.7	137	141	9	(+)3	0	(+)4
225	102.3	143	148	8	(+)3	0	(+)4
235	106.8	149	154	7	(+)3	0	(+)4
245	111.4	156	161	6	(+)3	0	(+)4

¹ CLICKS FROM CLOSED


² CLICKS FROM MIDDLE


³ CLICKS FROM OPEN


DREADNOUGHT 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 X2

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹		COMPRESSION ¹	
LBS	KG	PLUSH 35% SAG / 21mm	FIRM 32% SAG / 19.2mm	LOW-SPEED	HIGH-SPEED	LOW-SPEED	HIGH-SPEED
125	56.8	128	132	17	8	11	6
135	61.4	138	143	17	8	11	6
145	65.9	148	153	16	7	11	6
155	70.5	159	164	15	7	11	6
165	75.0	169	174	14	7	11	6
175	79.5	179	185	13	6	11	6
185	84.1	189	195	13	6	11	6
195	88.6	200	206	12	6	11	6
205	93.2	210	216	11	5	11	6
215	97.7	220	227	10	5	11	6
225	102.3	230	238	9	4	11	6
235	106.8	241	248	8	3	11	6
245	111.4	251	259	8	3	11	6

FORK, FOX 38 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	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


¹ CLICKS FROM CLOSED


DREADNOUGHT 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 VIVID AIR SELECT+

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹	COMPRESSION ²	ADJUSTABLE BOTTOM OUT ³
LBS	KG	PLUSH 35% SAG / 21mm	FIRM 32% SAG / 19.2mm	LOW-SPEED	LOW-SPEED	
125	56.8	148	153	16	(+1)	(+2)
135	61.4	160	165	15	(+1)	(+2)
145	65.9	172	177	15	(+1)	(+2)
155	70.5	184	189	14	(+1)	(+2)
165	75.0	196	202	13	(+1)	(+2)
175	79.5	207	214	12	(+1)	(+2)
185	84.1	219	226	12	(+1)	(+2)
195	88.6	231	238	11	(+1)	(+2)
205	93.2	243	251	10	(+1)	(+2)
215	97.7	255	263	9	(+1)	(+2)
225	102.3	267	275	9	(+1)	(+2)
235	106.8	279	287	8	(+1)	(+2)
245	111.4	290	299	7	(+1)	(+2)

FORK, ROCKSHOX ZEB SELECT+

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹	COMPRESSION ²	
LBS	KG	PLUSH	FIRM	LOW-SPEED	LOW-SPEED	HIGH-SPEED
125	56.8	80	82	18	(+3)	0
135	61.4	86	89	17	(+3)	0
145	65.9	92	95	16	(+3)	0
155	70.5	99	102	15	(+3)	0
165	75.0	105	108	14	(+3)	0
175	79.5	111	115	13	(+3)	0
185	84.1	118	121	12	(+3)	0
195	88.6	124	128	11	(+3)	0
205	93.2	130	134	10	(+3)	0
215	97.7	137	141	9	(+3)	0
225	102.3	143	148	8	(+3)	0
235	106.8	149	154	7	(+3)	0
245	111.4	156	161	6	(+3)	0

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