



SUPERNUGHT 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

SUPERNOUGHT, 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, ROCKSHOX VIVID COIL ULTIMATE

RIDER WEIGHT		SPRING WEIGHT (lb/in)		REBOUND ¹	COMPRESSION ²		ADJUSTABLE BOTTOM OUT ³
LBS	KG	PLUSH 35% SAG / 26.3mm	FIRM 32% SAG / 24mm	LOW-SPEED	LOW-SPEED	HIGH-SPEED	
125	56.8	250	275	13	(+1)	0	(+2)
135	61.4	275	300	12	(+1)	0	(+2)
145	65.9	300	325	11	(+1)	0	(+2)
155	70.5	325	350	11	(+1)	0	(+2)
165	75.0	350	375	10	(+1)	0	(+2)
175	79.5	375	400	9	(+1)	0	(+2)
185	84.1	400	425	8	(+1)	0	(+2)
195	88.6	425	450	7	(+1)	0	(+2)
205	93.2	450	475	6	(+1)	0	(+2)
215	97.7	475	500	5	(+1)	0	(+2)
225	102.3	500	525	4	(+1)	0	(+2)
235	106.8	525	550	3	(+1)	0	(+2)
245	111.4	550	575	2	(+1)	0	(+2)

¹ CLICKS FROM CLOSED

² CLICKS FROM MIDDLE

³ CLICKS FROM OPEN

FORK, ROCKSHOX BOXXER ULTIMATE

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹	COMPRESSION ²	
LBS	KG	PLUSH	FIRM	LOW-SPEED	LOW-SPEED	HIGH-SPEED
125	56.8	90	93	18	(+3)	(+1)
135	61.4	97	100	17	(+3)	(+1)
145	65.9	104	107	16	(+3)	(+1)
155	70.5	111	115	15	(+3)	(+1)
165	75.0	118	122	14	(+3)	(+1)
175	79.5	126	130	13	(+3)	(+1)
185	84.1	133	137	12	(+3)	(+1)
195	88.6	140	144	11	(+3)	(+1)
205	93.2	147	152	10	(+3)	(+1)
215	97.7	154	159	9	(+3)	(+1)
225	102.3	162	167	8	(+3)	(+1)
235	106.8	169	174	7	(+3)	(+1)
245	111.4	176	181	6	(+3)	(+1)

SUPERNOUGHT, 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, ROCKSHOX VIVID COIL SELECT

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹
LBS	KG	PLUSH 35% SAG / 26.3mm	FIRM 32% SAG / 24mm	LOW-SPEED
125	56.8	250	275	13
135	61.4	275	300	12
145	65.9	300	325	11
155	70.5	325	350	11
165	75.0	350	375	10
175	79.5	375	400	9
185	84.1	400	425	8
195	88.6	425	450	7
205	93.2	450	475	6
215	97.7	475	500	5
225	102.3	500	525	4
235	106.8	525	550	3
245	111.4	550	575	2

FORK, ROCKSHOX BOXXER SELECT

RIDER WEIGHT		AIR PRESSURE (PSI)		REBOUND ¹	COMPRESSION ²
LBS	KG	PLUSH	FIRM	LOW-SPEED	LOW-SPEED
125	56.8	90	93	18	0
135	61.4	97	100	17	0
145	65.9	104	107	16	0
155	70.5	111	115	15	0
165	75.0	118	122	14	0
175	79.5	126	130	13	0
185	84.1	133	137	12	0
195	88.6	140	144	11	0
205	93.2	147	152	10	0
215	97.7	154	159	9	0
225	102.3	162	167	8	0
235	106.8	169	174	7	0
245	111.4	176	181	6	0

¹ CLICKS FROM CLOSED

² CLICKS FROM MIDDLE