

Symptoms:	lacks comfort on small bumps, sudden small sharp hits (tree roots, rocks)		suspension feels soft over big rolling bumps, through dips and jump faces;		suspension dives too much on brakes or bottoms hard on jump landings		suspension feels hard and harsh through out the entire stroke or is not using all of the travel		problems on braking bumps because suspension is bottoming out		problems on braking bumps because suspension is hard and not using all stroke		problems on braking bumps because suspension packs down after a few bumps		loss of traction		no feeling or feedback. Suspension feels spongy	
	Fork	Shock	Fork	Shock	Fork	Shock	Fork	Shock	Fork	Shock	Fork	Shock	Fork	Shock	Fork	Shock	Fork	Shock
check for sticking bushes and clean dust seal area	X						X				X				X			
check linkages and swing arm bearings for friction		X						X			X					X		
bleed air from fork	X						X				X				X			
check tire pressure is correct	X	X					X	X			X	X			X	X	X	X
check chain is not too tight		X						X			X					X		
make sure static and rider sag are correct		X						X	X							X	X	
raise oil level by 10mm for open cartridge fork			X		X				X								X	
lower oil level by 10mm for open cartridge fork	X						X				X							
add 10ml oil to closed cartiridge fork			X		X					X							X	
remove 10ml oil out of closed cartridge fork	X						X				X							
open compression adjuster 3 clicks at the time (softer)	X						X				X				X			
close compression adjuster 3 clicks at the time (harder)			X		X				X								X	
open Low Speed comp adjuster 2 clicks at the time (softer)		X						X			X					X		
close Low Speed comp adjuster 2 clicks at the time (harder)				X		X				X								X
open High Speed adjuster quater turn at the time (softer)		X						X			X							
close High Speed adjuster quater turn at the time (harder)				X		X			X			X						
open rebound adjuster 2 clicks at a time (max,6 from std)	X	X					X	X					X	X				
close rebound adjuster 2 clicks at a time (max,6 from std)			X	X	X	X											X	X
make sure rebound is on standard setting									X	X	X	X			X	X		
run min. possible amount of recommended riders sag				X		X				X								
run max.amount of recommended riders sag								X			X							
add a maximum of 5mm preload from standard preload.			X		X					X								
remove a maximum of 5mm preload from standard preload.	X						X				X							
try one step harder spring rates			X	X	X	X											X	X
try one step softer spring rates							X	X			X	X						