

# Motorcycle Suspension Worksheet

Date \_\_\_\_\_ Bike \_\_\_\_\_

## Chassis Measurements

Rear	Measurement (mm)*	Suspension State
R1		Bike on Stand/Suspension Fully Extended
R2		Bike on Ground
R3		Bike with Rider
Front		
F1		Bike on Stand/Suspension Fully Extended
F2		Bike on Ground
F3		Bike with Rider

\*Front measured from axle to top clamp. Rear measured from axle straight up to any fixed part of upper frame. All measurements in millimeters.

## Static Sag and Rider Height

			Suspension Company Recommendations		
Static Sag	Formula	Measurement	Ohlins	K-Tech	Traxxion
Rear	(R1-R2)		10-20	10-15	10+
Front	(F1-F2)		15-30	25-30	20+
Ride Height	Formula	Measurement	Ohlins	K-Tech	Traxxion
Rear	(R1-R3)		25-40	40.5 (for FZ1)	30+
Front	(F1-F3)		35-50	25-30	30+

## Suspension Settings

Suspension	Baseline Setting		Current Setting		Change from Previous	
	Front	Rear	Front	Rear	Front	Rear
Preload						
Rebound Damping						
Compression Dp.						

## Ride Comments