
HOW TO ADJUST AIR SUSPENSION ON YOUR BIKE



1.

Push the O-ring against the body of your shock / fork stanchion.



2.

**Get on your bike, stand up on the pedals.
Get off the bike gently.**



3.

Note where the O-ring of your shock/fork stanchion is located.



To find out where the O-ring as to be on your fork and / or shock, please refer to the SAG value we recommend for each bikes and which can be found in our Techbook, available online here:

<http://www.commencal.com/web/bicycles/tech-support/techbook>

4.

Please use a shock pump (sold separately) to adjust the air pressure in your shock / fork.



5.

Once again, push the O-ring against the body of your shock / fork stanchion and get on your bike while putting your feet on the pedals.



6.

Get off your bike gently and repeat as much as needed to fine tune your suspension.





**FINE TUNED
SUSPENSIONS WILL HELP
YOU GET THE BEST OUT
OF YOUR COMMENÇAL
BIKE.**
