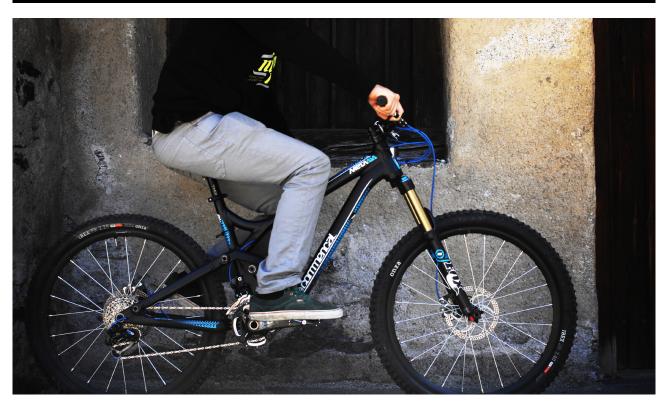


Push the O-ring against the body of your shock / fork stanchion.





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





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

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





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.





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





