

Need help with setting your F4 suspension?

The F4 comes with the suspension set for an average weight rider and is set fairly soft as standard.

Improvements can be made, especially for track use by selecting 'firm' settings...

Please note that the information given below is intended as guidance and is based on my own personal experience with setting the F4 suspension. No guarantees are either expressed or implied within this information.

FRONT SETTINGS

- Preload: - Standard has 5 rings showing, increase preload to 3 rings showing, to do this, use a spanner on the centre nut at the top of the fork leg, turn the spanner clockwise to increase the preload, be sure to keep the settings on both sides identical.
- Compression damping: - The adjuster for compression damping is found on the lower fork leg, just above the wheel spindle at the rear, using a flat blade screwdriver, turn the adjuster clockwise and count the clicks, standard is 5 clicks back from fully clockwise, adjust to 3 clicks for more compression damping.
- Rebound damping: - The rebound damping adjuster is found on the top of the fork leg, using a flat blade screwdriver, turn the adjuster clockwise, counting the clicks, standard adjustment is 5 clicks out from fully clockwise, adjust to 3 clicks for firmer rebound damping.

REAR SETTINGS

- Static sag: - First set the static sag to 10mm to do this measure a point between the swinging arm and the seat, you will need another person to assist you with this, have someone hold the motorcycle upright then using a tape measure, lift all the weight off the rear suspension by raising the seat then measure the distance between the seat and the swinging arm, then release the seat and measure the distance again, this is the static sag. Adjust the static sag by changing the preload of the spring on the rear shock absorber, this is achieved by releasing the two locked rings on the rear shock absorber using the C spanner supplied with the toolkit. Adjust the preload by turning the ring closest to the spring clockwise until there is approximately 10mm of static sag. Don't forget to tighten the second locking ring once the adjustment is complete.
- Compression damping: - The rear suspension compression damping adjuster is located on the piggy back gas cannister at the top of the shock absorber on the right of the bike. Using a flat blade screwdriver, turn the adjuster all the way clockwise and count the clicks, the standard setting is 16 clicks out from fully clockwise, adjust to 14 clicks for firmer compression damping.
- Rebound damping: - The rebound damper adjuster is located on the bottom of the rear shock absorber, to adjust this device, approach the unit from the left side of the

motorcycle, turn the adjuster all the way clockwise and count the clicks, the standard setting is 14 clicks, adjust to 12 clicks for firmer rebound damping.

- Rear ride height: - The F4 has a rear ride height adjuster located on the link between the swinging arm and the top link which acts on the shock absorber. To adjust the rear ride height, release the locking nut and turn the adjuster nut using a 17mm spanner, clockwise raises the ride height, anti-clockwise lowers the ride height. Raising the rear ride height will speed up the steering geometry of the motorcycle by making the steering angle steeper.