

Motorcycle Suspension Worksheet

Date		Bike	
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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

			General 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+

Wheel Travel

Front Wheel Travel		Rear Wheel Travel		Rear Spring Length	
Total	Ride Height Percentage*	Total	Ride Height Percentage	Recommended	Current

*Recommended ride height percentage is 25-33% (25% for aggressive street riding or racing; 33% for compliant street use). Adjust to taste; I prefer 28-30%.

Suspension Settings: Spring Preload, Compression, and Rebound

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

Comments