



Remedy																					
Model	Remedy 7							Remedy 8							Remedy 9						
	Lyrik Solo Air Fork			Fox RP2 Shock				Lyrik 2-Step Air Fork				Fox RP23 Shock			Fox Float RC2 Fork				Fox RP23 Shock		
Travel (mm)	160			150				160				150			160				150		
Stroke (mm)	160			57				160				57			160				57		
Sag (%)	20			30-35				20				30-35			20				30-35		
Sag (mm)	32-34			17-20				32-34				17-20			32-34				17-20		
Rider (lbs/kg)	Spring (psi)	Low Speed Compression	High Speed Compression	Rebound	Spring (psi)	Rebound	Platform Lever	Spring (psi)	Low Speed Compression	High Speed Compression	Rebound	Spring (psi)	Rebound	Platform Number Setting	Spring (psi)	Low Speed Compression	High Speed Compression	Rebound	Spring (psi)	Rebound	Platform Number Setting
100/45	33				120			60				120			42				120		
110/50	35				125			65				125			43				125		
120/55	38	14 clicks out from slow	11 clicks out from slow	11 clicks out from slow	130	7 clicks out from slow		70	14 clicks out from slow	11 clicks out from slow	11 clicks out from slow	130	7 clicks out from slow		45	8 clicks out from slow	12 clicks out from slow	13 clicks out from slow	130	7 clicks out from slow	
130/59	40				132			75				132			48				132		
140/63	45				135			80				135			50				135		
150/68	50				140			85				140			55				140		
160/73	55			10 clicks out from slow	150			90			10 clicks out from slow	150			60			12 clicks out from slow	150		
170/77	60	12 clicks out from slow	10 clicks out from slow		155	6 clicks out from slow	ON for platform, OFF for more active	95	12 clicks out from slow	10 clicks out from slow		155	6 clicks out from slow		65	7 clicks out from slow	10 clicks out from slow		155	6 clicks out from slow	
180/82	65			9 clicks out from slow	160			100			9 clicks out from slow	160			70			11 clicks out from slow	160		
190/86	70				165			105				165			73				165		
200/90	75				170			110				170			76				170		
210/95	80				175			115				175			80				175		
220/100	85				180			120				180			83				180		
230/104	90	10 clicks out from slow	9 clicks out from slow	8 clicks out from slow	190	5 clicks out from slow		125	10 clicks out from slow	9 clicks out from slow	8 clicks out from slow	190	5 clicks out from slow		90	6 clicks out from slow	8 clicks out from slow	9 clicks out from slow	190	5 clicks out from slow	
240/109	95				195			130				195			90				195		
250/113	100				200			135				200			90				200		

Notes * Sag measurements must be made with ProPedal lever in OPEN position

Suspension Setup

- 1.) Determine rider weight
- 2.) Apply initial pressure and settings
- 3.) Mount bike and then settle into riding position
- 4.) Move O-ring up to shock dust seal
- 5.) Dismount
- 6.) Measure distance from O-ring to dust seal
- 7.) Adjust pressure until measurement matches suggested sag
- 8.) Test ride and adjust according to feedback

