

Time approx 5 mins
Difficulty rating – Low
Before Starting you will need:
Shock Pump

1. Unscrew cap on valve on shock
2. Screw hose of shock pump onto valve on shock. **NB: you will need to screw the hose on quite far until the pressure registers on the gauge**
3. Press button on pump to release pressure (to make the shock softer)
Or pump the handle of the pump to increase the pressure (to make the shock harder)
4. Repeat for front shocks

NB: running shock at too low a pressure may affect the shocks performance, do not run lower than 60 psi.

Press button to make shock softer

