



SPRING ADJUSTMENT

SET-UP NOTES

- Fork should be unweighted when adjusting air pressure.
- Recommended pressures are based on 15-20% sag measurement for the given rider weight. Adjust pressure up or down to suit conditions and rider preference. For sag measurement procedure watch this [SAG SET-UP VIDEO](#)
- Max pressure not to exceed 150 psi [10.3 bar].
- Adjust IVA piston position to change end-of-stroke ramp.
- IVA "1" results in a more linear spring curve.
- IVA "3" results in a more progressive spring curve.
- 120mm travel air spring end-of-stroke ramp is optimized without IVA installed (topcap only). Heavier riders may benefit from increased spring progressivity with IVA "1" installed.
- Rotate damper adjustment knobs full clockwise (cw) to set maximum "zero" position. Damper settings are counted counterclockwise (ccw) from maximum (i.e. "max minus 4").



! WARNING !

ALWAYS DEPRESSURIZE AIR SPRING BEFORE ADJUSTING IVA

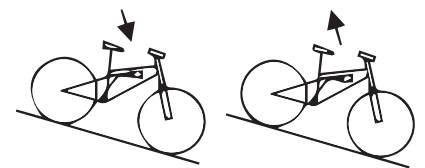
Consult the manitou technical reference section of for additional info.

RIDER WEIGHT		SPRING PRESSURE, PSI						RECOMMENDED REBOUND SETTINGS (CC FROM MAX)
		100 mm		120 mm		120 mm, NO IVA		
lbs	Kg	MAIN	IVA	MAIN	IVA	MAIN	IVA	
100	45	50	2	46	1	50	-	18
120	54	63	2	56	1	62	-	16
140	64	74	2	66	1	73	-	14
160	73	85	2	76	1	85	-	12
180	82	97	2	87	1	NOT RECCOMENDED		10
200	91	109	2	97	1	NOT RECCOMENDED		8
220	100	122	2	108	1	NOT RECCOMENDED		6

DAMPING ADJUSTMENT

TPC rebound controls wheel return speed after compression event

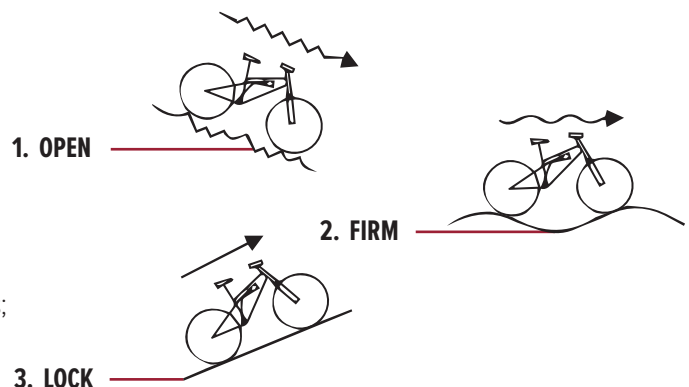
- Recommended initial settings by rider weight are shown in the table above.
- Return speed varies with air spring pressure, so rebound setting may vary based on rider weight and rider preferences.
- For best performance, adjust rebound setting to equalize front and rear wheel return speed.



SOFT MIN — 18 - 0 + FIRM MAX
ADJUSTMENT RANGE

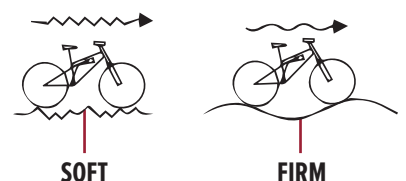
VTT PRO-X has three independent factory-tuned modes for specific terrain scenarios:

- Open** mode maximizes traction in technical terrain; fork may experience pedal bob on smooth trails and climbs.
- Firm** mode balances efficiency and compliance for flow trail, high-speed descents, and technical climbs.
- Lock** mode optimizes pedaling efficiency on smooth trails and climbs; fork may feel exceptionally harsh over technical terrain.



OPEN MODE ADJUST fine tunes compression damping in "open mode" only.

- FIRM** is more supportive but may feel harsh in technical terrain.
- SOFT** is more compliant but may not feel composed in steep terrain.
- For remote knobs, open mode adjuster requires a 3mm hex key at the center of the VTT 3-position knob. The open mode adjuster may be located under a weather cap or rubber plug.



SOFT MIN — 20 - 0 + FIRM MAX
ADJUSTMENT RANGE