



SPRING ADJUSTMENT

SET-UP NOTES

- A shock pump is required to adjust the spring air pressure. Air pressure fill valve is located at the bottom of the fork.
- Fork should be unweighted when adjusting air pressure.
- Recommended pressures are based on 20-25% sag measurement for the given rider weight. Adjust pressure up or down to suit conditions and rider preference. For sag measurement procedure watch the [sag set-up video](#).
- Max pressure not to exceed: main 120 psi.
- E-bike or downhill use increase pressure: main +3~5psi.



Scan for Sag Setup

- Trail use reduce pressure: main -3~5psi.
- Turn ABS+ adjustment knob full clockwise (cw) to set maximum "Zero" position. ABS+ damper setting is counted counterclockwise (ccw) from maximum (i.e. "max minus 4")
- Rotate rebound damper adjustment knob full clockwise (cw) to set maximum "zero" position. Rebound damper settings are counted counterclockwise (ccw) from maximum (i.e. "Max minus 4").
- Consult the Manitou technical reference section of hayesbicycle.Zendesk.Com for additional info.

! ALWAYS DEPRESSURIZE ! AIR SPRING BEFORE ADJUSTING IVA SEE USER MANUAL FOR IVA ADJUSTMENT PROCEDURE

RIDER WEIGHT		SPRING PRESSURE, PSI												RECOMMENDED REBOUND SETTING (CCW FROM MAX)
		140mm		150mm		160mm		170mm		180mm		190mm		
lbs	Kg	MAIN	IVA	MAIN	IVA	MAIN	IVA	MAIN	IVA	MAIN	IVA	MAIN	IVA	
120-140	54-64	56	3	55	3	54	2	51	2	49	1	46	1	8 - 10
140-160	64-73	67	3	65	3	64	2	61	2	59	1	56	1	7 - 10
160-180	73-82	77	3	76	3	74	2	71	2	68	1	65	1	6 - 9
180-200	82-91	88	3	86	3	84	2	81	2	78	1	74	1	5 - 8
200-220	91-100	98	3	96	3	94	2	91	2	88	1	83	1	4 - 7
220-240	100-110	108	3	106	3	104	2	100	2	97	1	92	1	3 - 6
240-260	110-118	119	3	116	3	114	2	110	2	107	1	102	1	2 - 5



IVA TOP OF FORK

INCREMENTAL VOLUME ADJUST



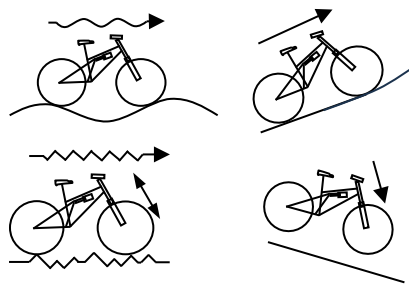
BOTTOM OF FORK

EXPERT AIR SPRING

DAMPER ADJUSTMENT

ABS+ CONTROLS DAMPING FORCE FOR UNSPRUNG WHEEL MOVEMENT; ROOTS, ROCKS, BRAKING BUMPS, ETC. AND SPRUNG CHASSIS MOVEMENT; PEDALING, PUMPING, BERMS, G-OUT ETC.

- Increase ABS+ to improve support off lips of jumps, prevent bottoming on landings, and increase support during climbing.
- Reduce ABS+ for increased rider comfort and improved traction in wet, rooty, rocky terrain.

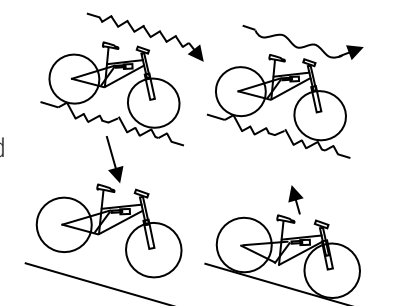


RECOMMENDED ABS+ SETTING CCW FROM MAX		
PLUSH COMFORT	BALANCED PERFORMANCE	FIRM SUPPORT
6 - 9	3 - 6	1 - 3

SOFT MIN — 10 - 0 + FIRM MAX
ADJUSTMENT RANGE

TPC REBOUND REBOUND CONTROLS WHEEL RETURN SPEED AFTER COMPRESSION EVENTS.

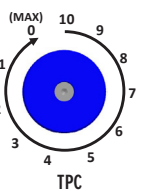
- Controls rebound speed in the beginning-stroke, after small bump compression events such as rocks, roots, braking bumps, and after deep travel compression events such as jump landings and impacting larger square-edge obstacles at high velocities.
- Recommended initial settings by rider weight are shown in the "spring pressure" table above.
- Return speed varies with air spring pressure; 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.



FAST MIN — 10 - 0 + SLOW MAX
ADJUSTMENT RANGE



ABS+ COMPRESSION DAMPING



TPC REBOUND DAMPING