



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 +3~4psi



Scan for Sag Setup

- Trail use reduce pressure: main -3~4psi
- Turn VTT-6 adjustment knob full counterclockwise (ccw) to set minimum, position "1". VTT-6 damper setting is counted clockwise (cw) from minimum. Maximum (cw) is position "6".
- 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.

RIDER WEIGHT		SPRING PRESSURE, PSI								RECOMMENDED REBOUND SETTING (CCW FROM MAX)
		140mm		150mm		160mm		170mm		
lbs	Kg	MAIN	IVA	MAIN	IVA	MAIN	IVA	MAIN	IVA	
120-140	54-64	46	4	44	4	44	3	40	3	9 - 10
140-160	64-73	57	4	54	4	55	3	50	3	8 - 9
160-180	73-82	68	4	64	4	65	3	59	3	7 - 8
180-200	82-91	79	4	74	4	75	3	69	3	6 - 7
200-220	91-100	90	4	84	4	85	3	78	3	4 - 5
220-240	100-110	101	4	94	4	96	3	88	3	3 - 4
240-260	110-118	112	4	104	4	106	3	97	3	2 - 3

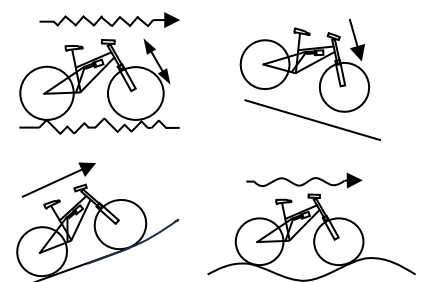
! ALWAYS DEPRESSURIZE !
AIR SPRING BEFORE
ADJUSTING IVA
SEE USER MANUAL FOR IVA
ADJUSTMENT PROCEDURE

DAMPER ADJUSTMENT

VTT-6 CONTROLS DAMPING FORCE FOR UNSPRUNG WHEEL MOVEMENT; ROOTS, ROCKS, BRAKING BUMPS, ETC. AND SPRUNG CHASSIS MOVEMENT; PEDALING, PUMPING, BERMS, G-OUT ETC.

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

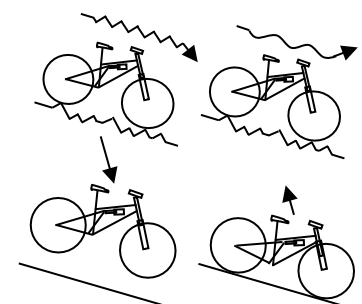
RECOMMENDED VTT-6 SETTING CCW FROM MAX		
PLUSH COMFORT	BALANCED PERFORMANCE	FIRM SUPPORT
1 - 2	3 - 4	5 - 6



SOFT MIN — 1 - 6 + FIRM MAX
ADJUSTMENT RANGE

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 — 12 - 0 + SLOW MAX
ADJUSTMENT RANGE

INCREMENTAL VOLUME ADJUST

EXPERT AIR SPRING

VTT-6 COMPRESSION DAMPING

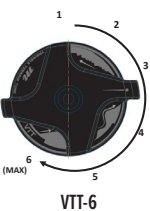
TPC REBOUND DAMPING



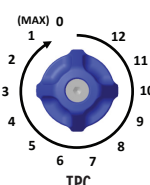
IVA
TOP OF FORK



BOTTOM OF FORK



VTT-6



TPC