

## Relay PNW Carbon GX Suspension Setup Guide

Before you make adjustments, begin with all compression and rebound knobs in their fully-closed, clockwise position. Count all clicks in a counterclockwise direction from there. When checking sag, ensure all compression levers and lockout mechanisms are in the fully open (counterclockwise) position.

We don't recommend using sag measurements to set up suspension forks. You should aim for a balanced feel between the front and rear suspension. Check the o-ring located on your fork during the first few rides to ensure you aren't using too much or too little of your travel and adjust accordingly.

### Fork: RS ZEB Ultimate, 170mm, 44mm Offset, 1 out of 4 Volume Spacers, 148 psi Max

|                    |                    |                          | Compression |            | Rebound   |            |
|--------------------|--------------------|--------------------------|-------------|------------|-----------|------------|
| Rider Weight (lbs) | Rider Weight (kgs) | Suggested Pressure (psi) | Low Speed   | High Speed | Low Speed | High Speed |
| <120               | <55                | <37                      | -8          | -3         | < -14     | NA         |
| 120-140            | 55-63              | 37-45                    | -8          | -3         | -13       | NA         |
| 140-160            | 63-72              | 45-54                    | -8          | -3         | -12       | NA         |
| 160-180            | 72-81              | 54-62                    | -8          | -3         | -11       | NA         |
| 180-200            | 81-90              | 62-70                    | -8          | -3         | -10       | NA         |
| 200-220            | 90-99              | 70-78                    | -8          | -3         | -9        | NA         |
| >220               | >99                | 78+                      | -8          | -3         | >-8       | NA         |

### Rear Shock: RS Vivid Coil Ultimate, 205x65mm

#### Rear Shock Stroke: 65mm, Sag: 18-22mm (28-34%)

#### Shock Tune: C26/R25

|                    |                    |                        | Compression |            | Rebound   |            |
|--------------------|--------------------|------------------------|-------------|------------|-----------|------------|
| Rider Weight (lbs) | Rider Weight (kgs) | Suggested Spring Force | Low Speed   | High Speed | Low Speed | High Speed |
| <120               | <55                | <300                   | -3          | NA         | < -15     | NA         |
| 120-140            | 55-63              | 350                    | -3          | NA         | -14       | NA         |
| 140-160            | 63-72              | 400                    | -3          | NA         | -13       | NA         |
| 160-180            | 72-81              | 450                    | -3          | NA         | -12       | NA         |
| 180-200            | 81-90              | 500                    | -3          | NA         | -10       | NA         |
| 200-220            | 90-99              | 550                    | -3          | NA         | -9        | NA         |
| >220               | >99                | 550+                   | -3          | NA         | > -7      | NA         |