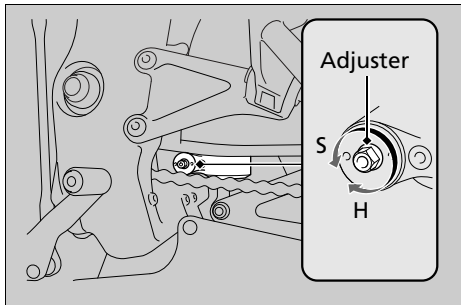


CBR1000S

Spring Preload

You can adjust the spring preload by the adjuster knob to suit the load or the road surface. Turn clockwise to increase spring preload (hard), or turn counterclockwise to decrease spring preload (soft). The standard position is 6 turns from the full hard position. The position for race tracks is 2 turns from the full hard position.



Rebound Damping

You can adjust the rebound damping by the REB adjuster to suit the load or the road surface.

Turn clockwise to increase rebound damping (hard), or turn counterclockwise to decrease rebound damping (soft). The standard position is 16 clicks from the full hard position. The position for race tracks is 10 clicks from the full hard position.

