

### NOTICE

Do not turn the adjuster beyond its limits.

### NOTICE

The rear shock absorber damper unit contains high pressure nitrogen gas. Do not attempt to disassemble, service, or improperly dispose of the damper. See your dealer.

### 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.

