

COMMENCAL

SUSPENSION SETUP GUIDE



ABILITY LEVEL GUIDE (Bike Park Experience)

BEGINNER	<p>I can comfortably ride on pavement or wide gravel trails, maintain balance and can use disc brakes. Little to no experience riding MTB trails / Bike park.</p>
INTERMEDIATE	<p>Comfortable on easy technical trails. My wheels rarely leave the ground. I can maintain momentum and ride rocky, rooty sections I have some experience riding bike park and basic wood feature.</p>
ADVANCED	<p>I am comfortable to push on all type of trails and I'm looking for speed. I can pick a line through difficult technical sections, ride steep rock slabs and ride skinny wood features. I am comfortable to handle medium size jumps, table tops and drops.</p>
EXPERT	<p>I'm confident at high speeds on all trails. I can ride all bike park features. I can clear all jumps properly with correct technique and style.</p>



RENTAL



CLASH RENTAL BEGINNER

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK		SHOCK		TYRES		
					AIR PRESSURE	LSR	AIR PRESSURE	LSR	CASING	PRESSURE FRONT (PSI)	PRESSURE FRONT (PSI)
CLASH	RENTAL	Beginner	110	50	31	17	103	14	MAXXIS DH	19	21
CLASH	RENTAL	Beginner	121	55	35	16	113	14	MAXXIS DH	20	22
CLASH	RENTAL	Beginner	132	60	40	15	124	13	MAXXIS DH	20	22
CLASH	RENTAL	Beginner	143	65	44	14	134	13	MAXXIS DH	21	23
CLASH	RENTAL	Beginner	154	70	48	13	145	13	MAXXIS DH	22	24
CLASH	RENTAL	Beginner	165	75	52	12	156	13	MAXXIS DH	22	25
CLASH	RENTAL	Beginner	176	80	56	11	166	12	MAXXIS DH	23	26
CLASH	RENTAL	Beginner	187	85	61	10	177	12	MAXXIS DH	24	27
CLASH	RENTAL	Beginner	198	90	65	9	187	12	MAXXIS DH	25	27
CLASH	RENTAL	Beginner	209	95	69	7	198	12	MAXXIS DH	25	28
CLASH	RENTAL	Beginner	220	100	73	6	209	12	MAXXIS DH	26	29
CLASH	RENTAL	Beginner	231	105	78	5	219	11	MAXXIS DH	27	30
CLASH	RENTAL	Beginner	243	110	82	4	230	11	MAXXIS DH	28	31



CLASH RENTAL

INTERMEDIATE

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK		SHOCK		TYRES		
					AIR PRESSURE	LSR	AIR PRESSURE	LSR	CASING	PRESSURE FRONT (PSI)	PRESSURE FRONT (PSI)
CLASH	RENTAL	Intermediate	110	50	32	17	106	14	MAXXIS DH	19	21
CLASH	RENTAL	Intermediate	121	55	36	16	117	14	MAXXIS DH	20	22
CLASH	RENTAL	Intermediate	132	60	41	15	128	13	MAXXIS DH	20	22
CLASH	RENTAL	Intermediate	143	65	45	14	139	13	MAXXIS DH	21	23
CLASH	RENTAL	Intermediate	154	70	49	13	149	13	MAXXIS DH	22	24
CLASH	RENTAL	Intermediate	165	75	54	12	160	13	MAXXIS DH	22	25
CLASH	RENTAL	Intermediate	176	80	58	11	171	12	MAXXIS DH	23	26
CLASH	RENTAL	Intermediate	187	85	62	10	182	12	MAXXIS DH	24	27
CLASH	RENTAL	Intermediate	198	90	67	9	193	12	MAXXIS DH	25	27
CLASH	RENTAL	Intermediate	209	95	71	7	204	12	MAXXIS DH	25	28
CLASH	RENTAL	Intermediate	220	100	76	6	215	12	MAXXIS DH	26	29
CLASH	RENTAL	Intermediate	231	105	80	5	226	11	MAXXIS DH	27	30
CLASH	RENTAL	Intermediate	243	110	84	4	237	11	MAXXIS DH	28	31



CLASH RENTAL ADVANCED

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK		SHOCK		TYRES		
					AIR PRESSURE	LSR	AIR PRESSURE	LSR	CASING	PRESSURE FRONT (PSI)	PRESSURE FRONT (PSI)
CLASH	RENTAL	Advanced	110	50	33	17	109	14	MAXXIS DH	19	21
CLASH	RENTAL	Advanced	121	55	38	16	120	14	MAXXIS DH	20	22
CLASH	RENTAL	Advanced	132	60	42	15	132	13	MAXXIS DH	20	22
CLASH	RENTAL	Advanced	143	65	46	14	143	13	MAXXIS DH	21	23
CLASH	RENTAL	Advanced	154	70	51	13	154	13	MAXXIS DH	22	24
CLASH	RENTAL	Advanced	165	75	55	12	165	13	MAXXIS DH	22	25
CLASH	RENTAL	Advanced	176	80	60	11	177	12	MAXXIS DH	23	26
CLASH	RENTAL	Advanced	187	85	64	10	188	12	MAXXIS DH	24	27
CLASH	RENTAL	Advanced	198	90	69	9	199	12	MAXXIS DH	25	27
CLASH	RENTAL	Advanced	209	95	73	7	210	12	MAXXIS DH	25	28
CLASH	RENTAL	Advanced	220	100	78	6	222	12	MAXXIS DH	26	29
CLASH	RENTAL	Advanced	231	105	82	5	233	11	MAXXIS DH	27	30
CLASH	RENTAL	Advanced	243	110	87	4	244	11	MAXXIS DH	28	31



CLASH RENTAL EXPERT

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK		SHOCK		TYRES		
					AIR PRESSURE	LSR	AIR PRESSURE	LSR	CASING	PRESSURE FRONT (PSI)	PRESSURE FRONT (PSI)
CLASH	RENTAL	Expert	110	50	34	17	113	14	MAXXIS DH	19	21
CLASH	RENTAL	Expert	121	55	39	16	125	14	MAXXIS DH	20	22
CLASH	RENTAL	Expert	132	60	44	15	137	13	MAXXIS DH	20	22
CLASH	RENTAL	Expert	143	65	48	14	149	13	MAXXIS DH	21	23
CLASH	RENTAL	Expert	154	70	53	13	160	13	MAXXIS DH	22	24
CLASH	RENTAL	Expert	165	75	58	12	172	13	MAXXIS DH	22	25
CLASH	RENTAL	Expert	176	80	62	11	184	12	MAXXIS DH	23	26
CLASH	RENTAL	Expert	187	85	67	10	195	12	MAXXIS DH	24	27
CLASH	RENTAL	Expert	198	90	72	9	207	12	MAXXIS DH	25	27
CLASH	RENTAL	Expert	209	95	76	7	219	12	MAXXIS DH	25	28
CLASH	RENTAL	Expert	220	100	81	6	230	12	MAXXIS DH	26	29
CLASH	RENTAL	Expert	231	105	86	5	242	11	MAXXIS DH	27	30
CLASH	RENTAL	Expert	243	110	90	4	254	11	MAXXIS DH	28	31



FRS RENTAL BEGINNER

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK			SHOCK		TYRES		
					AIR PRESSURE	LSC	LSR	AIR PRESSURE	LSC	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
FRS	RENTAL	Beginner	110	50	73	-16	-11	107	-13	MAXXIS DH	19	21
FRS	RENTAL	Beginner	121	55	84	-15	-11	117	-13	MAXXIS DH	20	22
FRS	RENTAL	Beginner	132	60	94	-14	-11	128	-13/-12	MAXXIS DH	21	23
FRS	RENTAL	Beginner	143	65	104	-12	-11	139	-12	MAXXIS DH	22	24
FRS	RENTAL	Beginner	154	70	114	-11	-11	149	-12	MAXXIS DH	23	25
FRS	RENTAL	Beginner	165	75	124	-10	-11	160	-12/-11	MAXXIS DH	23	26
FRS	RENTAL	Beginner	176	80	134	-10	-11	171	-11	MAXXIS DH	24	27
FRS	RENTAL	Beginner	187	85	144	-9	-11	181	-11	MAXXIS DH	25	28
FRS	RENTAL	Beginner	198	90	154	-9	-11	192	-11	MAXXIS DH	26	29
FRS	RENTAL	Beginner	209	95	164	-8	-11	203	-11/-10	MAXXIS DH	27	30
FRS	RENTAL	Beginner	220	100	175	-7	-11	213	-10	MAXXIS DH	28	30
FRS	RENTAL	Beginner	231	105	184	-7	-11	224	-10	MAXXIS DH	28	31
FRS	RENTAL	Beginner	243	110	196	-6	-11	234	-9	MAXXIS DH	29	32



FRS RENTAL INTERMEDIATE

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK			SHOCK		TYRES		
					AIR PRESSURE	LSC	LSR	AIR PRESSURE	LSC	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
FRS	RENTAL	Intermediate	110	50	76	-16	-11	109	-13	MAXXIS DH	19	21
FRS	RENTAL	Intermediate	121	55	86	-15	-11	120	-13	MAXXIS DH	20	22
FRS	RENTAL	Intermediate	132	60	97	-14	-11	131	-13/-12	MAXXIS DH	21	23
FRS	RENTAL	Intermediate	143	65	107	-12	-11	142	-12	MAXXIS DH	22	24
FRS	RENTAL	Intermediate	154	70	117	-11	-11	152	-12	MAXXIS DH	23	25
FRS	RENTAL	Intermediate	165	75	128	-10	-11	163	-12/-11	MAXXIS DH	23	26
FRS	RENTAL	Intermediate	176	80	138	-10	-11	174	-11	MAXXIS DH	24	27
FRS	RENTAL	Intermediate	187	85	149	-9	-11	185	-11	MAXXIS DH	25	28
FRS	RENTAL	Intermediate	198	90	159	-9	-11	196	-11	MAXXIS DH	26	29
FRS	RENTAL	Intermediate	209	95	169	-8	-11	207	-11/-10	MAXXIS DH	27	30
FRS	RENTAL	Intermediate	220	100	180	-7	-11	218	-10	MAXXIS DH	28	30
FRS	RENTAL	Intermediate	231	105	190	-7	-11	228	-10	MAXXIS DH	28	31
FRS	RENTAL	Intermediate	243	110	202	-6	-11	239	-9	MAXXIS DH	29	32



FRS RENTAL

ADVANCED

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK			SHOCK		TYRES		
					AIR PRESSURE	LSC	LSR	AIR PRESSURE	LSC	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
FRS	RENTAL	Advanced	110	50	78	-16	-11	111	-13	MAXXIS DH	19	21
FRS	RENTAL	Advanced	121	55	89	-15	-11	122	-13	MAXXIS DH	20	22
FRS	RENTAL	Advanced	132	60	100	-14	-11	133	-13/-12	MAXXIS DH	21	23
FRS	RENTAL	Advanced	143	65	110	-12	-11	144	-12	MAXXIS DH	22	24
FRS	RENTAL	Advanced	154	70	121	-11	-11	156	-12	MAXXIS DH	23	25
FRS	RENTAL	Advanced	165	75	132	-10	-11	167	-12/-11	MAXXIS DH	23	26
FRS	RENTAL	Advanced	176	80	143	-10	-11	178	-11	MAXXIS DH	24	27
FRS	RENTAL	Advanced	187	85	153	-9	-11	189	-11	MAXXIS DH	25	28
FRS	RENTAL	Advanced	198	90	164	-9	-11	200	-11	MAXXIS DH	26	29
FRS	RENTAL	Advanced	209	95	175	-8	-11	211	-11/-10	MAXXIS DH	27	30
FRS	RENTAL	Advanced	220	100	185	-7	-11	222	-10	MAXXIS DH	28	30
FRS	RENTAL	Advanced	231	105	196	-7	-11	233	-10	MAXXIS DH	28	31
FRS	RENTAL	Advanced	243	110	208	-6	-11	244	-9	MAXXIS DH	29	32



FRS RENTAL EXPERT

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK			SHOCK		TYRES		
					AIR PRESSURE	LSC	LSR	AIR PRESSURE	LSC	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
FRS	RENTAL	Expert	110	50	81	-16	-11	116	-13	MAXXIS DH	19	21
FRS	RENTAL	Expert	121	55	92	-15	-11	127	-13	MAXXIS DH	20	22
FRS	RENTAL	Expert	132	60	104	-14	-11	139	-13/-12	MAXXIS DH	21	23
FRS	RENTAL	Expert	143	65	115	-12	-11	150	-12	MAXXIS DH	22	24
FRS	RENTAL	Expert	154	70	126	-11	-11	162	-12	MAXXIS DH	23	25
FRS	RENTAL	Expert	165	75	137	-10	-11	173	-12/-11	MAXXIS DH	23	26
FRS	RENTAL	Expert	176	80	148	-10	-11	185	-11	MAXXIS DH	24	27
FRS	RENTAL	Expert	187	85	159	-9	-11	196	-11	MAXXIS DH	25	28
FRS	RENTAL	Expert	198	90	171	-9	-11	208	-11	MAXXIS DH	26	29
FRS	RENTAL	Expert	209	95	182	-8	-11	220	-11/-10	MAXXIS DH	27	30
FRS	RENTAL	Expert	220	100	193	-7	-11	231	-10	MAXXIS DH	28	30
FRS	RENTAL	Expert	231	105	204	-7	-11	242	-10	MAXXIS DH	28	31
FRS	RENTAL	Expert	243	110	216	-6	-11	254	-9	MAXXIS DH	29	32



SUPREME DH V5

RENTAL

BEGINNER

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK			SHOCK				TYRES		
					AIR PRESSURE	LSC	LSR	AIR PRESSURE	LSC	LSR	HBO	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
DH V5	RENTAL	Beginner	110	50	72	-16	-11	162	-9	-3	-1	MAXXIS DH	19	21
DH V5	RENTAL	Beginner	121	55	82	-15	-11	178	-9	-3	-1	MAXXIS DH	20	22
DH V5	RENTAL	Beginner	132	60	92	-14	-11	194	-9	-3	-1	MAXXIS DH	21	23
DH V5	RENTAL	Beginner	143	65	102	-12	-11	210	-8	-3	-1	MAXXIS DH	22	24
DH V5	RENTAL	Beginner	154	70	112	-11	-11	227	-8	-3	-1	MAXXIS DH	23	25
DH V5	RENTAL	Beginner	165	75	122	-10	-11	243	-8	-3	-1	MAXXIS DH	23	26
DH V5	RENTAL	Beginner	176	80	132	-10	-11	259	-8	-3	-1	MAXXIS DH	24	27
DH V5	RENTAL	Beginner	187	85	142	-9	-11	275	-7	-3	-1	MAXXIS DH	25	28
DH V5	RENTAL	Beginner	198	90	152	-9	-11	291	-7	-3	-1	MAXXIS DH	26	29
DH V5	RENTAL	Beginner	209	95	162	-8	-11	308	-7	-3	-1	MAXXIS DH	27	30
DH V5	RENTAL	Beginner	220	100	172	-7	-11	324	-6	-3	-1	MAXXIS DH	28	30
DH V5	RENTAL	Beginner	231	105	182	-7	-11	340	-6	-3	-1	MAXXIS DH	28	31
DH V5	RENTAL	Beginner	243	110	193	-6	-11	355	-6	-3	-1	MAXXIS DH	29	32



SUPREME DH V5

RENTAL

INTERMEDIATE

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK			SHOCK				TYRES		
					AIR PRESSURE	LSC	LSR	AIR PRESSURE	LSC	LSR	HBO	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
DH V5	RENTAL	Intermediate	110	50	75	-16	-11	162	-9	-3	-1	MAXXIS DH	19	21
DH V5	RENTAL	Intermediate	121	55	85	-15	-11	178	-9	-3	-1	MAXXIS DH	20	22
DH V5	RENTAL	Intermediate	132	60	95	-14	-11	194	-9	-3	-1	MAXXIS DH	21	23
DH V5	RENTAL	Intermediate	143	65	105	-12	-11	210	-8	-3	-1	MAXXIS DH	22	24
DH V5	RENTAL	Intermediate	154	70	116	-11	-11	227	-8	-3	-1	MAXXIS DH	23	25
DH V5	RENTAL	Intermediate	165	75	126	-10	-11	243	-8	-3	-1	MAXXIS DH	23	26
DH V5	RENTAL	Intermediate	176	80	136	-10	-11	259	-8	-3	-1	MAXXIS DH	24	27
DH V5	RENTAL	Intermediate	187	85	147	-9	-11	275	-7	-3	-1	MAXXIS DH	25	28
DH V5	RENTAL	Intermediate	198	90	157	-9	-11	291	-7	-3	-1	MAXXIS DH	26	29
DH V5	RENTAL	Intermediate	209	95	167	-8	-11	308	-7	-3	-1	MAXXIS DH	27	30
DH V5	RENTAL	Intermediate	220	100	177	-7	-11	324	-6	-3	-1	MAXXIS DH	28	30
DH V5	RENTAL	Intermediate	231	105	188	-7	-11	340	-6	-3	-1	MAXXIS DH	28	31
DH V5	RENTAL	Intermediate	243	110	199	-6	-11	355	-6	-3	-1	MAXXIS DH	29	32



SUPREME DH V5

RENTAL

ADVANCED

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK			SHOCK				TYRES		
					AIR PRESSURE	LSC	LSR	AIR PRESSURE	LSC	LSR	HBO	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
DH V5	RENTAL	Advanced	110	50	77	-16	-11	165	-9	-3	-1	MAXXIS DH	19	21
DH V5	RENTAL	Advanced	121	55	88	-15	-11	182	-9	-3	-1	MAXXIS DH	20	22
DH V5	RENTAL	Advanced	132	60	98	-14	-11	198	-9	-3	-1	MAXXIS DH	21	23
DH V5	RENTAL	Advanced	143	65	109	-12	-11	215	-8	-3	-1	MAXXIS DH	22	24
DH V5	RENTAL	Advanced	154	70	119	-11	-11	231	-8	-3	-1	MAXXIS DH	23	25
DH V5	RENTAL	Advanced	165	75	130	-10	-11	248	-8	-3	-1	MAXXIS DH	23	26
DH V5	RENTAL	Advanced	176	80	140	-10	-11	264	-8	-3	-1	MAXXIS DH	24	27
DH V5	RENTAL	Advanced	187	85	151	-9	-11	281	-7	-3	-1	MAXXIS DH	25	28
DH V5	RENTAL	Advanced	198	90	162	-9	-11	297	-7	-3	-1	MAXXIS DH	26	29
DH V5	RENTAL	Advanced	209	95	172	-8	-11	314	-7	-3	-1	MAXXIS DH	27	30
DH V5	RENTAL	Advanced	220	100	183	-7	-11	330	-6	-3	-1	MAXXIS DH	28	30
DH V5	RENTAL	Advanced	231	105	193	-7	-11	347	-6	-3	-1	MAXXIS DH	28	31
DH V5	RENTAL	Advanced	243	110	205	-6	-11	363	-6	-3	-1	MAXXIS DH	29	32



SUPREME DH V5

RENTAL

EXPERT

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK			SHOCK				TYRES		
					AIR PRESSURE	LSC	LSR	AIR PRESSURE	LSC	LSR	HBO	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
DH V5	RENTAL	Expert	110	50	79	-16	-11	169	-9	-2	-1	MAXXIS DH	19	21
DH V5	RENTAL	Expert	121	55	90	-15	-11	185	-9	-2	-1	MAXXIS DH	20	22
DH V5	RENTAL	Expert	132	60	101	-14	-11	202	-9	-2	-1	MAXXIS DH	21	23
DH V5	RENTAL	Expert	143	65	112	-12	-11	219	-8	-2	-1	MAXXIS DH	22	24
DH V5	RENTAL	Expert	154	70	123	-11	-11	236	-8	-2	-1	MAXXIS DH	23	25
DH V5	RENTAL	Expert	165	75	134	-10	-11	253	-8	-2	-1	MAXXIS DH	23	26
DH V5	RENTAL	Expert	176	80	145	-10	-11	270	-8	-2	-1	MAXXIS DH	24	27
DH V5	RENTAL	Expert	187	85	156	-9	-11	287	-7	-2	-1	MAXXIS DH	25	28
DH V5	RENTAL	Expert	198	90	167	-9	-11	303	-7	-2	-1	MAXXIS DH	26	29
DH V5	RENTAL	Expert	209	95	178	-8	-11	320	-7	-2	-1	MAXXIS DH	27	30
DH V5	RENTAL	Expert	220	100	188	-7	-11	337	-6	-2	-1	MAXXIS DH	28	30
DH V5	RENTAL	Expert	231	105	199	-7	-11	354	-6	-2	-1	MAXXIS DH	28	31
DH V5	RENTAL	Expert	243	110	211	-6	-11	370	-6	-2	-1	MAXXIS DH	29	32



STAFF



META SX V5

STAFF

BEGINNER

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK				SHOCK			TYRES		
					AIR PRESSURE	LSC	HSC	LSR	AIR PRESSURE	LSC	LSR	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
META SX V5	STAFF	Beginner	110	50	40	15	5	16	138	3	14	Super Trail	19	21
META SX V5	STAFF	Beginner	121	55	42	15	5	15	143	3	13	Super Trail	20	22
META SX V5	STAFF	Beginner	132	60	45	15	5	14	147	3	13	Super Trail	20	23
META SX V5	STAFF	Beginner	143	65	47	15	5	13	152	3	12	Super Trail	21	23
META SX V5	STAFF	Beginner	154	70	50	15	5	12	156	3	11	Super Trail	22	24
META SX V5	STAFF	Beginner	165	75	52	15	5	11	159	3	11	Super Trail	22	25
META SX V5	STAFF	Beginner	176	80	55	15	5	10	165	3	10	Super Trail	23	26
META SX V5	STAFF	Beginner	187	85	59	15	5	9	175	3	9	Super Trail	24	27
META SX V5	STAFF	Beginner	198	90	64	15	5	9	187	3	9	Super Trail	25	27
META SX V5	STAFF	Beginner	209	95	69	15	5	8	199	3	8	Super Trail	25	28
META SX V5	STAFF	Beginner	220	100	73	15	5	8	210	3	7	Super Trail	26	29
META SX V5	STAFF	Beginner	231	105	78	15	5	7	221	3	7	Super Trail	27	30
META SX V5	STAFF	Beginner	243	110	83	15	5	6	232	3	6	Super Trail	28	31



META SX V5 STAFF

INTERMEDIATE

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK				SHOCK			TYRES		
					AIR PRESSURE	LSC	HSC	LSR	AIR PRESSURE	LSC	LSR	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
META SX V5	STAFF	Intermediate	110	50	41	15	5	16	141	3	14	Super Trail	19	21
META SX V5	STAFF	Intermediate	121	55	43	15	5	15	146	3	13	Super Trail	20	22
META SX V5	STAFF	Intermediate	132	60	46	15	5	14	150	3	13	Super Trail	20	23
META SX V5	STAFF	Intermediate	143	65	49	15	5	13	155	3	12	Super Trail	21	23
META SX V5	STAFF	Intermediate	154	70	51	15	5	12	159	3	11	Super Trail	22	24
META SX V5	STAFF	Intermediate	165	75	54	15	5	11	163	3	11	Super Trail	22	25
META SX V5	STAFF	Intermediate	176	80	56	15	5	10	169	3	10	Super Trail	23	26
META SX V5	STAFF	Intermediate	187	85	61	15	5	9	178	3	9	Super Trail	24	27
META SX V5	STAFF	Intermediate	198	90	66	15	5	9	191	3	9	Super Trail	25	27
META SX V5	STAFF	Intermediate	209	95	71	15	5	8	203	3	8	Super Trail	25	28
META SX V5	STAFF	Intermediate	220	100	76	15	5	8	214	3	7	Super Trail	26	29
META SX V5	STAFF	Intermediate	231	105	81	15	5	7	225	3	7	Super Trail	27	30
META SX V5	STAFF	Intermediate	243	110	85	15	5	6	237	3	6	Super Trail	28	31



META SX V5 STAFF

ADVANCED

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK				SHOCK			TYRES		
					AIR PRESSURE	LSC	HSC	LSR	AIR PRESSURE	LSC	LSR	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
META SX V5	STAFF	Advanced	110	50	42	15	5	16	144	3	14	Super Trail	19	21
META SX V5	STAFF	Advanced	121	55	45	15	5	15	149	3	13	Super Trail	20	22
META SX V5	STAFF	Advanced	132	60	47	15	5	14	153	3	13	Super Trail	20	23
META SX V5	STAFF	Advanced	143	65	50	15	5	13	158	3	12	Super Trail	21	23
META SX V5	STAFF	Advanced	154	70	53	15	5	12	163	3	11	Super Trail	22	24
META SX V5	STAFF	Advanced	165	75	55	15	5	11	166	3	11	Super Trail	22	25
META SX V5	STAFF	Advanced	176	80	58	15	5	10	172	3	10	Super Trail	23	26
META SX V5	STAFF	Advanced	187	85	63	15	5	9	182	3	9	Super Trail	24	27
META SX V5	STAFF	Advanced	198	90	68	15	5	9	195	3	9	Super Trail	25	27
META SX V5	STAFF	Advanced	209	95	73	15	5	8	207	3	8	Super Trail	25	28
META SX V5	STAFF	Advanced	220	100	78	15	5	8	218	3	7	Super Trail	26	29
META SX V5	STAFF	Advanced	231	105	83	15	5	7	230	3	7	Super Trail	27	30
META SX V5	STAFF	Advanced	243	110	88	15	5	6	242	3	6	Super Trail	28	31



META SX V5

STAFF

EXPERT

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK				SHOCK			TYRES		
					AIR PRESSURE	LSC	HSC	LSR	AIR PRESSURE	LSC	LSR	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
META SX V5	STAFF	Expert	110	50	44	15	5	16	150	3	14	Super Trail	19	21
META SX V5	STAFF	Expert	121	55	46	15	5	15	155	3	13	Super Trail	20	22
META SX V5	STAFF	Expert	132	60	49	15	5	14	159	3	13	Super Trail	20	23
META SX V5	STAFF	Expert	143	65	52	15	5	13	164	3	12	Super Trail	21	23
META SX V5	STAFF	Expert	154	70	55	15	5	12	169	3	11	Super Trail	22	24
META SX V5	STAFF	Expert	165	75	58	15	5	11	173	3	11	Super Trail	22	25
META SX V5	STAFF	Expert	176	80	60	15	5	10	179	3	10	Super Trail	23	26
META SX V5	STAFF	Expert	187	85	66	15	5	9	189	3	9	Super Trail	24	27
META SX V5	STAFF	Expert	198	90	71	15	5	9	203	3	9	Super Trail	25	27
META SX V5	STAFF	Expert	209	95	76	15	5	8	215	3	8	Super Trail	25	28
META SX V5	STAFF	Expert	220	100	81	15	5	8	227	3	7	Super Trail	26	29
META SX V5	STAFF	Expert	231	105	86	15	5	7	239	3	7	Super Trail	27	30
META SX V5	STAFF	Expert	243	110	92	15	5	6	251	3	6	Super Trail	28	31



FRS STAFF BEGINNER

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK				SHOCK					TYRES		
					AIR PRESSURE	LSC	LSR	HSR	AIR PRESSURE	LSC	LSR	HSR	HBO	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
FRS	STAFF	Beginner	110	50	73	-15	-7	-2	107	-13	-3	-2	-1	Super Trail	19	21
FRS	STAFF	Beginner	121	55	84	-14	-7	-2	117	-13	-3	-2	-1	Super Trail	20	22
FRS	STAFF	Beginner	132	60	94	-13	-7	-2	128	-13/-12	-3	-2	-1	Super Trail	21	23
FRS	STAFF	Beginner	143	65	104	-11	-7	-2	139	-12	-3	-2	-1	Super Trail	22	24
FRS	STAFF	Beginner	154	70	114	-10	-7	-2	149	-12	-3	-2	-1	Super Trail	23	25
FRS	STAFF	Beginner	165	75	124	-10	-7	-2	160	-12/-11	-3	-2	-1	Super Trail	23	26
FRS	STAFF	Beginner	176	80	134	-9	-7	-2	171	-11	-3	-2	-1	Super Trail	24	27
FRS	STAFF	Beginner	187	85	144	-9	-7	-2	181	-11	-3	-2	-1	Super Trail	25	28
FRS	STAFF	Beginner	198	90	154	-8	-7	-2	192	-11	-3	-2	-1	Super Trail	26	29
FRS	STAFF	Beginner	209	95	164	-7	-7	-2	203	-11/-10	-3	-2	-1	Super Trail	27	30
FRS	STAFF	Beginner	220	100	175	-7	-7	-2	213	-10	-3	-2	-1	Super Trail	28	30
FRS	STAFF	Beginner	231	105	184	-6	-7	-2	224	-10	-3	-2	-1	Super Trail	28	31
FRS	STAFF	Beginner	243	110	196	-6	-7	-2	234	-9	-3	-2	-1	Super Trail	29	32



FRS STAFF

INTERMEDIATE

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK				SHOCK					TYRES		
					AIR PRESSURE	LSC	LSR	HSR	AIR PRESSURE	LSC	LSR	HSR	HBO	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
FRS	STAFF	Intermediate	110	50	76	-15	-7	-2	109	-13	-2	-2	-1	Super Trail	19	21
FRS	STAFF	Intermediate	121	55	86	-14	-7	-2	120	-13	-2	-2	-1	Super Trail	20	22
FRS	STAFF	Intermediate	132	60	97	-13	-7	-2	131	-13/-12	-2	-2	-1	Super Trail	21	23
FRS	STAFF	Intermediate	143	65	107	-11	-7	-2	142	-12	-2	-2	-1	Super Trail	22	24
FRS	STAFF	Intermediate	154	70	117	-10	-7	-2	152	-12	-2	-2	-1	Super Trail	23	25
FRS	STAFF	Intermediate	165	75	128	-10	-7	-2	163	-12/-11	-2	-2	-1	Super Trail	23	26
FRS	STAFF	Intermediate	176	80	138	-9	-7	-2	174	-11	-2	-2	-1	Super Trail	24	27
FRS	STAFF	Intermediate	187	85	149	-9	-7	-2	185	-11	-2	-2	-1	Super Trail	25	28
FRS	STAFF	Intermediate	198	90	159	-8	-7	-2	196	-11	-2	-2	-1	Super Trail	26	29
FRS	STAFF	Intermediate	209	95	169	-7	-7	-2	207	-11/-10	-2	-2	-1	Super Trail	27	30
FRS	STAFF	Intermediate	220	100	180	-7	-7	-2	218	-10	-2	-2	-1	Super Trail	28	30
FRS	STAFF	Intermediate	231	105	190	-6	-7	-2	228	-10	-2	-2	-1	Super Trail	28	31
FRS	STAFF	Intermediate	243	110	202	-6	-7	-2	239	-9	-2	-2	-1	Super Trail	29	32



FRS STAFF

ADVANCED

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK				SHOCK					TYRES		
					AIR PRESSURE	LSC	LSR	HSR	AIR PRESSURE	LSC	LSR	HSR	HBO	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
FRS	STAFF	Advanced	110	50	78	-15	-7	-2	111	-13	-2	-2	-1	Super Trail	19	21
FRS	STAFF	Advanced	121	55	89	-14	-7	-2	122	-13	-2	-2	-1	Super Trail	20	22
FRS	STAFF	Advanced	132	60	100	-13	-7	-2	133	-13/-12	-2	-2	-1	Super Trail	21	23
FRS	STAFF	Advanced	143	65	110	-11	-7	-2	144	-12	-2	-2	-1	Super Trail	22	24
FRS	STAFF	Advanced	154	70	121	-10	-7	-2	156	-12	-2	-2	-1	Super Trail	23	25
FRS	STAFF	Advanced	165	75	132	-10	-7	-2	167	-12/-11	-2	-2	-1	Super Trail	23	26
FRS	STAFF	Advanced	176	80	143	-9	-7	-2	178	-11	-2	-2	-1	Super Trail	24	27
FRS	STAFF	Advanced	187	85	153	-9	-7	-2	189	-11	-2	-2	-1	Super Trail	25	28
FRS	STAFF	Advanced	198	90	164	-8	-7	-2	200	-11	-2	-2	-1	Super Trail	26	29
FRS	STAFF	Advanced	209	95	175	-7	-7	-2	211	-11/-10	-2	-2	-1	Super Trail	27	30
FRS	STAFF	Advanced	220	100	185	-7	-7	-2	222	-10	-2	-2	-1	Super Trail	28	30
FRS	STAFF	Advanced	231	105	196	-6	-7	-2	233	-10	-2	-2	-1	Super Trail	28	31
FRS	STAFF	Advanced	243	110	208	-6	-7	-2	244	-9	-2	-2	-1	Super Trail	29	32



FRS STAFF EXPERT

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK				SHOCK					TYRES		
					AIR PRESSURE	LSC	LSR	HSR	AIR PRESSURE	LSC	LSR	HSR	HBO	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
FRS	STAFF	Expert	110	50	81	-15	-7	-2	116	-13	-2	-2	-1	Super Trail	19	21
FRS	STAFF	Expert	121	55	92	-14	-7	-2	127	-13	-2	-2	-1	Super Trail	20	22
FRS	STAFF	Expert	132	60	104	-13	-7	-2	139	-13/-12	-2	-2	-1	Super Trail	21	23
FRS	STAFF	Expert	143	65	115	-11	-7	-2	150	-12	-2	-2	-1	Super Trail	22	24
FRS	STAFF	Expert	154	70	126	-10	-7	-2	162	-12	-2	-2	-1	Super Trail	23	25
FRS	STAFF	Expert	165	75	137	-10	-7	-2	173	-12/-11	-2	-2	-1	Super Trail	23	26
FRS	STAFF	Expert	176	80	148	-9	-7	-2	185	-11	-2	-2	-1	Super Trail	24	27
FRS	STAFF	Expert	187	85	159	-9	-7	-2	196	-11	-2	-2	-1	Super Trail	25	28
FRS	STAFF	Expert	198	90	171	-8	-7	-2	208	-11	-2	-2	-1	Super Trail	26	29
FRS	STAFF	Expert	209	95	182	-7	-7	-2	220	-11/-10	-2	-2	-1	Super Trail	27	30
FRS	STAFF	Expert	220	100	193	-7	-7	-2	231	-10	-2	-2	-1	Super Trail	28	30
FRS	STAFF	Expert	231	105	204	-6	-7	-2	242	-10	-2	-2	-1	Super Trail	28	31
FRS	STAFF	Expert	243	110	216	-6	-7	-2	254	-9	-2	-2	-1	Super Trail	29	32



SUPREME DH V5

STAFF

BEGINNER

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK				SHOCK					TYRES		
					AIR PRESSURE	LSC	LSR	HSR	AIR PRESSURE	LSC	LSR	HSR	HBO	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
DHV5	STAFF	Beginner	110	50	72	-15	-7	-2	159	-9	-3	-2	-1	MAXXIS DH	19	21
DHV5	STAFF	Beginner	121	55	82	-14	-7	-2	175	-9	-3	-2	-1	MAXXIS DH	20	22
DHV5	STAFF	Beginner	132	60	92	-13	-7	-2	190	-9	-3	-2	-1	MAXXIS DH	21	23
DHV5	STAFF	Beginner	143	65	102	-11	-7	-2	206	-8	-3	-2	-1	MAXXIS DH	22	24
DHV5	STAFF	Beginner	154	70	112	-10	-7	-2	222	-8	-3	-2	-1	MAXXIS DH	23	25
DHV5	STAFF	Beginner	165	75	122	-10	-7	-2	238	-8	-3	-2	-1	MAXXIS DH	23	26
DHV5	STAFF	Beginner	176	80	132	-9	-7	-2	254	-8	-3	-2	-1	MAXXIS DH	24	27
DHV5	STAFF	Beginner	187	85	142	-9	-7	-2	270	-7	-3	-2	-1	MAXXIS DH	25	28
DHV5	STAFF	Beginner	198	90	152	-8	-7	-2	286	-7	-3	-2	-1	MAXXIS DH	26	29
DHV5	STAFF	Beginner	209	95	162	-7	-7	-2	301	-7	-3	-2	-1	MAXXIS DH	27	30
DHV5	STAFF	Beginner	220	100	172	-7	-7	-2	317	-6	-3	-2	-1	MAXXIS DH	28	30
DHV5	STAFF	Beginner	231	105	182	-6	-7	-2	333	-6	-3	-2	-1	MAXXIS DH	28	31
DHV5	STAFF	Beginner	243	110	193	-6	-7	-2	348	-6	-3	-2	-1	MAXXIS DHI	29	32



SUPREME DH V5

STAFF

INTERMEDIATE

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK				SHOCK					TYRES		
					AIR PRESSURE	LSC	LSR	HSR	AIR PRESSURE	LSC	LSR	HSR	HBO	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
DHV5	STAFF	Intermediate	110	50	75	-15	-7	-2	162	-9	-3	-2	-1	MAXXIS DH	19	21
DHV5	STAFF	Intermediate	121	55	85	-14	-7	-2	178	-9	-3	-2	-1	MAXXIS DH	20	22
DHV5	STAFF	Intermediate	132	60	95	-13	-7	-2	194	-9	-3	-2	-1	MAXXIS DH	21	23
DHV5	STAFF	Intermediate	143	65	105	-11	-7	-2	210	-8	-3	-2	-1	MAXXIS DH	22	24
DHV5	STAFF	Intermediate	154	70	116	-10	-7	-2	227	-8	-3	-2	-1	MAXXIS DH	23	25
DHV5	STAFF	Intermediate	165	75	126	-10	-7	-2	243	-8	-3	-2	-1	MAXXIS DH	23	26
DHV5	STAFF	Intermediate	176	80	136	-9	-7	-2	259	-8	-3	-2	-1	MAXXIS DH	24	27
DHV5	STAFF	Intermediate	187	85	147	-9	-7	-2	275	-7	-3	-2	-1	MAXXIS DH	25	28
DHV5	STAFF	Intermediate	198	90	157	-8	-7	-2	291	-7	-3	-2	-1	MAXXIS DH	26	29
DHV5	STAFF	Intermediate	209	95	167	-7	-7	-2	308	-7	-3	-2	-1	MAXXIS DH	27	30
DHV5	STAFF	Intermediate	220	100	177	-7	-7	-2	324	-6	-3	-2	-1	MAXXIS DH	28	30
DHV5	STAFF	Intermediate	231	105	188	-6	-7	-2	340	-6	-3	-2	-1	MAXXIS DH	28	31
DHV5	STAFF	Intermediate	243	110	199	-6	-7	-2	355	-6	-3	-2	-1	MAXXIS DHI	29	32



SUPREME DH V5

STAFF

ADVANCED

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK				SHOCK					TYRES		
					AIR PRESSURE	LSC	LSR	HSR	AIR PRESSURE	LSC	LSR	HSR	HBO	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
DHV5	STAFF	Advanced	110	50	77	-15	-7	-2	165	-9	-3	-2	-1	MAXXIS DH	19	21
DHV5	STAFF	Advanced	121	55	88	-14	-7	-2	182	-9	-3	-2	-1	MAXXIS DH	20	22
DHV5	STAFF	Advanced	132	60	98	-13	-7	-2	198	-9	-3	-2	-1	MAXXIS DH	21	23
DHV5	STAFF	Advanced	143	65	109	-11	-7	-2	215	-8	-3	-2	-1	MAXXIS DH	22	24
DHV5	STAFF	Advanced	154	70	119	-10	-7	-2	231	-8	-3	-2	-1	MAXXIS DH	23	25
DHV5	STAFF	Advanced	165	75	130	-10	-7	-2	248	-8	-3	-2	-1	MAXXIS DH	23	26
DHV5	STAFF	Advanced	176	80	140	-9	-7	-2	264	-8	-3	-2	-1	MAXXIS DH	24	27
DHV5	STAFF	Advanced	187	85	151	-9	-7	-2	281	-7	-3	-2	-1	MAXXIS DH	25	28
DHV5	STAFF	Advanced	198	90	162	-8	-7	-2	297	-7	-3	-2	-1	MAXXIS DH	26	29
DHV5	STAFF	Advanced	209	95	172	-7	-7	-2	314	-7	-3	-2	-1	MAXXIS DH	27	30
DHV5	STAFF	Advanced	220	100	183	-7	-7	-2	330	-6	-3	-2	-1	MAXXIS DH	28	30
DHV5	STAFF	Advanced	231	105	193	-6	-7	-2	347	-6	-3	-2	-1	MAXXIS DH	28	31
DHV5	STAFF	Advanced	243	110	205	-6	-7	-2	363	-6	-3	-2	-1	MAXXIS DHI	29	32



SUPREME DH V5

STAFF

EXPERT

MODEL	MONTAGE	RIDER LEVEL	RIDER WEIGHT (LBS)	RIDER WEIGHT (KG)	FORK				SHOCK					TYRES		
					AIR PRESSURE	LSC	LSR	HSR	AIR PRESSURE	LSC	LSR	HSR	HBO	CASING	PRESSURE FRONT (PSI)	PRESSURE REAR (PSI)
DHV5	STAFF	Expert	110	50	79	-15	-7	-2	169	-9	-2	-2	-1	MAXXIS DH	19	21
DHV5	STAFF	Expert	121	55	90	-14	-7	-2	185	-9	-2	-2	-1	MAXXIS DH	20	22
DHV5	STAFF	Expert	132	60	101	-13	-7	-2	202	-9	-2	-2	-1	MAXXIS DH	21	23
DHV5	STAFF	Expert	143	65	112	-11	-7	-2	219	-8	-2	-2	-1	MAXXIS DH	22	24
DHV5	STAFF	Expert	154	70	123	-10	-7	-2	236	-8	-2	-2	-1	MAXXIS DH	23	25
DHV5	STAFF	Expert	165	75	134	-10	-7	-2	253	-8	-2	-2	-1	MAXXIS DH	23	26
DHV5	STAFF	Expert	176	80	145	-9	-7	-2	270	-8	-2	-2	-1	MAXXIS DH	24	27
DHV5	STAFF	Expert	187	85	156	-9	-7	-2	287	-7	-2	-2	-1	MAXXIS DH	25	28
DHV5	STAFF	Expert	198	90	167	-8	-7	-2	303	-7	-2	-2	-1	MAXXIS DH	26	29
DHV5	STAFF	Expert	209	95	178	-7	-7	-2	320	-7	-2	-2	-1	MAXXIS DH	27	30
DHV5	STAFF	Expert	220	100	188	-7	-7	-2	337	-6	-2	-2	-1	MAXXIS DH	28	30
DHV5	STAFF	Expert	231	105	199	-6	-7	-2	354	-6	-2	-2	-1	MAXXIS DH	28	31
DHV5	STAFF	Expert	243	110	211	-6	-7	-2	370	-6	-2	-2	-1	MAXXIS DHI	29	32



COMMENCAL