

Bike Rider Weight	Date	Date	Date	Date	Date
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Front

Spring					
Preload					
Oil					
Oil Height					
Free Sag					
Rider Sag					
Compression	(/)	(/)	(/)	(/)	(/)
Rebound	(/)	(/)	(/)	(/)	(/)

Rear

Spring					
Preload					
Oil					
Nitrogen PSI					
Free Sag					
Rider Sag					
Compression	(/)	(/)	(/)	(/)	(/)
Rebound	(/)	(/)	(/)	(/)	(/)

Comments

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