



// Standard Adjustments Competition Cartridge:

Advised start settings Competition Cartridge*

Brand	Model	Compression	Rebound	Preload	Air chamber oil level	Spring rate
KTM	1290 Super Duke	14	16	22	120mm	9,5N/mm
	RC8	16	18	18	130mm	9,5N/mm
BMW	S1000 RR 2015	16	16	18	120mm	10N/mm
	S1000 RR 2012	16	16	18	120mm	10N/mm
Yamaha	R6	16	18	18	130mm	9N/mm
	R1 2015	16	16	22	140mm	9,5N/mm
	R1M 2015	16	16	22	140mm	9,5N/mm
	R1 2012	14	18	22	130mm	9,5N/mm
Kawasaki	ZX-10R 2016	16	16	18	140mm	9,5N/mm
	ZX-10R 2012	16	18	18	140mm	9,5N/mm
	ZX-6R 2011	16	16	18	140mm	9N/mm
Suzuki	R 1000 2011	14	16	18	130mm	9,5N/mm
	R 600 2011	16	18	16	140mm	9,5N/mm
Honda	1000 RR 2012	14	16	22	120mm	10N/mm
	600 RR 2012	14	16	18	130mm	10N/mm

* Settings depended on riding style, rider, bike model and riders weight. These settings are meant to be a base setup which suites most riders.