

# MY27 SUSPENSION SETUP GUIDE



This suspension setup chart provides baseline settings to assist you in configuring your bike according to standard recommendations.

For optimal performance and safety, BMC strongly recommends having your suspension setup checked and adjusted by an authorized BMC retailer.

The air pressure settings indicated are starting point recommendations only. Actual settings may vary depending on factors such as bike model, rider weight, equipment, riding style, and terrain conditions.

Use these values as a guideline and fine-tune the suspension to achieve your preferred performance and comfort level.

For complete information, please refer to the shock manufacturer's owner's manual and setup instructions.

All measurements are given in millimeters (mm). Pressures are expressed in Pounds per Square Inch (PSI).

Bike specifications are subject to change without notice.

		FOURSTROKE R 01 ONE	
		Öhlins RXC34 Carbon   120mm Travel   DT Swiss Remote Lockout	Öhlins TXC2 Air   120mm Travel   DT Swiss Remote Lockout
<b>SHOCK MODEL</b>			
<b>SAG (% &amp; mm)</b>		15% - 18mm	27.5% - 12mm
<b>STROKE</b>			190x45
<b>TRAVEL</b>		120	120
<b>RIDER WEIGHT</b>		FRONT FORK	REAR SHOCK
KG	LBS	PSI	PSI
50	110	63	150
55	121	68	160
60	132	72	170
65	143	77	180
70	154	81	190
75	165	86	200
80	176	90	210
85	187	95	220
90	198	99	230
95	209	104	240
100	220	108	250
105	231	113	260
110	243	117	270

		FOURSTROKE R 01 Frameset
		Öhlins TXC2 Air   120mm Travel   DT Swiss Remote Lockout
		27.5% - 12mm
		190x45
		120
		REAR SHOCK
		PSI
		150
		160
		170
		180
		190
		200
		210
		220
		230
		240
		250
		260
		270

## Setup Procedure

Follow the steps below to correctly set up your suspension:

### Set your saddle height.

Saddle height has a direct influence on suspension setup and rider balance.



### Reset all damping adjustments.

Set both compression and rebound damping adjusters to zero (fully open position).



### Adjust the front fork air spring.

Inflate the fork according to the fully equipped rider weight, following the reference values in the setup table.



### Adjust the rear shock air spring.

Inflate the rear shock according to the fully equipped rider weight, following the reference values in the setup table.



### Fine-tune damping adjustments.

Set rebound and compression damping according to the shock manufacturer's recommendations.