

Table 1. Fox Airshox Pressure Recommendations (psi) Revised June 2006

Note: It has been common practice for some time now to add app. 10% to the low pressure on the original charts when setting up a pair of shocks. That was the difference of the charts versus the values derived from using the formulas. The following charts reflect the corrected values. In addition, the rider weight range has been expanded and a fourth chart has been added to accommodate the heavier 4-stroke machines.

A. BIKE WEIGHT 170-190 LBS. (values based on average weight of 180 lbs.)																		
RIDER WEIGHT* in LBS.	SUSPENSION LEVER RATIO																	
	1.5		1.6		1.7		1.8		1.9		2.0		2.1		2.2		2.3	
	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH
120	54	81	58	86	61	92	65	97	68	103	72	108	76	113	79	119	83	124
130	56	84	60	90	64	96	68	101	71	107	75	113	79	118	83	124	86	129
140	59	88	62	94	66	99	70	105	74	111	78	117	82	123	86	129	90	135
150	61	91	65	97	69	103	73	109	77	115	81	122	85	128	89	134	93	140
160	63	95	67	101	71	107	76	113	80	120	84	126	88	132	92	139	97	145
170	65	98	70	104	74	111	78	117	83	124	87	131	91	137	96	144	100	150
180	68	101	72	108	77	115	81	122	86	128	90	135	95	142	99	149	104	155
190	70	105	74	112	79	119	84	126	88	133	93	140	98	146	102	153	107	160
200	72	108	77	115	82	122	86	130	91	137	96	144	101	151	106	158	110	166
210	74	111	79	119	84	126	89	134	94	141	99	149	104	156	109	163	114	171
220	77	115	82	122	87	130	92	138	97	145	102	153	107	161	112	168	117	176
230	79	118	84	126	89	134	95	142	100	150	105	158	110	165	116	173	121	181
240	81	122	86	130	92	138	97	146	103	154	108	162	113	170	119	178	124	186
250	83	125	89	133	94	142	100	150	105	158	111	167	117	175	122	183	128	191
260	86	128	91	137	97	145	103	154	108	162	114	171	120	180	125	188	131	197

B. BIKE WEIGHT 190-210 LBS. (values based on average weight of 200 lbs.)																		
RIDER WEIGHT* in LBS.	SUSPENSION LEVER RATIO																	
	1.5		1.6		1.7		1.8		1.9		2.0		2.1		2.2		2.3	
	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH
120	57	86	61	91	65	97	68	103	72	108	76	114	80	120	84	125	87	131
130	59	89	63	95	67	101	71	107	75	113	79	119	83	124	87	130	91	136
140	62	92	66	98	70	105	74	111	78	117	82	123	86	129	90	135	94	141
150	64	96	68	102	72	108	77	115	81	121	85	128	89	134	94	140	98	147
160	66	99	70	106	75	112	79	119	84	125	88	132	92	139	97	145	101	152
170	68	102	73	109	77	116	82	123	86	130	91	137	96	143	100	150	105	157
180	71	106	75	113	80	120	85	127	89	134	94	141	99	148	103	155	108	162
190	73	109	78	116	82	124	87	131	92	138	97	146	102	153	107	160	112	167
200	75	113	80	120	85	128	90	135	95	143	100	150	105	158	110	165	115	173
210	77	116	82	124	88	131	93	139	98	147	103	155	108	162	113	170	118	178
220	80	119	85	127	90	135	95	143	101	151	106	159	111	167	117	175	122	183
230	82	123	87	131	93	139	98	147	104	155	109	164	114	172	120	180	125	188
240	84	126	90	134	95	143	101	151	106	160	112	168	118	176	123	185	129	193
250	86	129	92	138	98	147	104	155	109	164	115	173	121	181	127	190	132	198
260	89	133	94	142	100	150	106	159	112	168	118	177	124	186	130	195	136	204

Revised by Thor Lawson
LtThor@comcast.net
www.thorlawson.com

C. BIKE WEIGHT 210-230 LBS. (values based on average weight of 220 lbs.)																		
RIDER WEIGHT* in LBS.	SUSPENSION LEVER RATIO																	
	1.5		1.6		1.7		1.8		1.9		2.0		2.1		2.2		2.3	
	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH
120	60	90	64	96	68	102	72	108	76	114	80	120	84	126	88	132	92	138
130	62	93	66	100	71	106	75	112	79	118	83	125	87	131	91	137	95	143
140	65	97	69	103	73	110	77	116	82	123	86	129	90	135	95	142	99	148
150	67	100	71	107	76	113	80	120	85	127	89	134	93	140	98	147	102	154
160	69	104	74	110	78	117	83	124	87	131	92	138	97	145	101	152	106	159
170	71	107	76	114	81	121	86	128	90	135	95	143	100	150	105	157	109	164
180	74	110	78	118	83	125	88	132	93	140	98	147	103	154	108	162	113	169
190	76	114	81	121	86	129	91	136	96	144	101	152	106	159	111	167	116	174
200	78	117	83	125	88	133	94	140	99	148	104	156	109	164	114	172	120	179
210	80	120	86	128	91	136	96	144	102	152	107	161	112	169	118	177	123	185
220	83	124	88	132	94	140	99	149	105	157	110	165	116	173	121	182	127	190
230	85	127	90	136	96	144	102	153	107	161	113	170	119	178	124	186	130	195
240	87	131	93	139	99	148	104	157	110	165	116	174	122	183	128	191	133	200
250	89	134	95	143	101	152	107	161	113	170	119	179	125	187	131	196	137	205
260	92	137	98	146	104	156	110	165	116	174	122	183	128	192	134	201	140	210

D. BIKE WEIGHT 230-250 LBS. (values based on average weight of 240 lbs.)																		
RIDER WEIGHT* in LBS.	SUSPENSION LEVER RATIO																	
	1.5		1.6		1.7		1.8		1.9		2.0		2.1		2.2		2.3	
	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH
120	63	95	67	101	71	107	76	113	80	120	84	126	88	132	92	139	97	145
130	65	98	70	104	74	111	78	117	83	124	87	131	91	137	96	144	100	150
140	68	101	72	108	77	115	81	122	86	128	90	135	95	142	99	149	104	155
150	70	105	74	112	79	119	84	126	88	133	93	140	98	146	102	153	107	160
160	72	108	77	115	82	122	86	130	91	137	96	144	101	151	106	158	110	166
170	74	111	79	119	84	126	89	134	94	141	99	149	104	156	109	163	114	171
180	77	115	82	122	87	130	92	138	97	145	102	153	107	161	112	168	117	176
190	79	118	84	126	89	134	95	142	100	150	105	158	110	165	116	173	121	181
200	81	122	86	130	92	138	97	146	103	154	108	162	113	170	119	178	124	186
210	83	125	89	133	94	142	100	150	105	158	111	167	117	175	122	183	128	191
220	86	128	91	137	97	145	103	154	108	162	114	171	120	180	125	188	131	197
230	88	132	94	140	99	149	105	158	111	167	117	176	123	184	129	193	135	202
240	90	135	96	144	102	153	108	162	114	171	120	180	126	189	132	198	138	207
250	92	138	98	148	105	157	111	166	117	175	123	185	129	194	135	203	141	212
260	95	142	101	151	107	161	113	170	120	180	126	189	132	198	139	208	145	217

Revised by Thor Lawson

LtThor@comcast.net

www.thorlawson.com