

Table 3. Single Valve Fox Airshox Pressure Recommendations

PSI Formula=((Bike Weight times 14%) plus (Rider Weight times 21%)) times SLR

PSI=((BWx0.14)+(RWx0.21))xSLR

* Add 10 to 15 lbs to rider weight for gear.

A. BIKE WEIGHT 170-190 LBS. (values based on average weight of 180 lbs.)											
RIDER WEIGHT* in LBS.	SUSPENSION LEVER RATIO										
	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1
120	55	60	66	71	76	81	86	91	96	101	106
130	58	63	68	74	79	84	89	95	100	105	110
140	60	66	71	76	82	87	93	98	104	109	115
150	62	68	74	79	85	91	96	102	108	113	119
160	65	71	76	82	88	94	100	106	112	118	123
170	67	73	79	85	91	97	104	110	116	122	128
180	69	76	82	88	95	101	107	113	120	126	132
190	72	78	85	91	98	104	111	117	124	130	137
200	74	81	87	94	101	108	114	121	128	134	141
210	76	83	90	97	104	111	118	125	132	139	146
220	79	86	93	100	107	114	121	129	136	143	150
230	81	88	96	103	110	118	125	132	140	147	154
240	83	91	98	106	113	121	129	136	144	151	159
250	85	93	101	109	117	124	132	140	148	155	163
260	88	96	104	112	120	128	136	144	152	160	168

B. BIKE WEIGHT 190-210 LBS. (values based on average weight of 200 lbs.)											
RIDER WEIGHT* in LBS.	SUSPENSION LEVER RATIO										
	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1
120	59	64	69	74	80	85	90	96	101	106	112
130	61	66	72	77	83	88	94	100	105	111	116
140	63	69	75	80	86	92	98	103	109	115	121
150	65	71	77	83	89	95	101	107	113	119	125
160	68	74	80	86	92	99	105	111	117	123	129
170	70	76	83	89	96	102	108	115	121	127	134
180	72	79	86	92	99	105	112	118	125	132	138
190	75	81	88	95	102	109	115	122	129	136	143
200	77	84	91	98	105	112	119	126	133	140	147
210	79	87	94	101	108	115	123	130	137	144	151
220	82	89	96	104	111	119	126	134	141	148	156
230	84	92	99	107	114	122	130	137	145	153	160
240	86	94	102	110	118	125	133	141	149	157	165
250	89	97	105	113	121	129	137	145	153	161	169
260	91	99	107	116	124	132	140	149	157	165	173

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										
	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1
	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI
120	62	67	73	78	84	90	95	101	106	112	118
130	64	70	76	81	87	93	99	105	110	116	122
140	66	72	78	84	90	96	102	108	114	120	126
150	69	75	81	87	93	100	106	112	118	125	131
160	71	77	84	90	97	103	109	116	122	129	135
170	73	80	86	93	100	106	113	120	126	133	140
180	75	82	89	96	103	110	117	123	130	137	144
190	78	85	92	99	106	113	120	127	134	141	148
200	80	87	95	102	109	116	124	131	138	146	153
210	82	90	97	105	112	120	127	135	142	150	157
220	85	92	100	108	116	123	131	139	146	154	162
230	87	95	103	111	119	127	134	142	150	158	166
240	89	97	106	114	122	130	138	146	154	162	171
250	92	100	108	117	125	133	142	150	158	167	175
260	94	102	111	120	128	137	145	154	162	171	179

D. BIKE WEIGHT 230-250 LBS. (values based on average weight of 240 lbs.)

RIDER WEIGHT* in LBS.	SUSPENSION LEVER RATIO										
	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1
	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI
120	65	71	76	82	88	94	100	106	112	118	123
130	67	73	79	85	91	97	104	110	116	122	128
140	69	76	82	88	95	101	107	113	120	126	132
150	72	78	85	91	98	104	111	117	124	130	137
160	74	81	87	94	101	108	114	121	128	134	141
170	76	83	90	97	104	111	118	125	132	139	146
180	79	86	93	100	107	114	121	129	136	143	150
190	81	88	96	103	110	118	125	132	140	147	154
200	83	91	98	106	113	121	129	136	144	151	159
210	85	93	101	109	117	124	132	140	148	155	163
220	88	96	104	112	120	128	136	144	152	160	168
230	90	98	106	115	123	131	139	147	156	164	172
240	92	101	109	118	126	134	143	151	160	168	176
250	95	103	112	121	129	138	146	155	164	172	181
260	97	106	115	123	132	141	150	159	168	176	185

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LtThor@comcast.net

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Recommended damping settings for the early Single Valve/Chamber Fox AirShox

The damping setting is the number of turns out, (counter clockwise), from the full in position in relation to the pressure setting of the shoxs.

PSI	Turns
50	4-1/2
55	4-1/4
60	4
65	3-3/4
70	3-1/2
75	3-1/4
80	3
85	2-3/4
95	2-1/2
105	2-1/4
115	2
125	1-3/4
140	1-1/2
155	1-1/4
170	1
185	3/4

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