

SETUP DATA AND MAIN SPRING GUIDE 04130206

Recommended Setup

Compression adjustment	12	clicks
Rebound adjustment	12	clicks
Suspension fluid level	170	mm
Minimum suspension fluid level	267	mm
Suspension fluid part number	36090110 OH0130901	
Front fork leg position	Standard	

Main Spring Guide

Make sure you choose the correct spring for your rider weight, driving style and preferences. Below you find a general recommendation of main spring rate for your weight.

FGK 242 Yamaha YZF-R7

Rider weight [Kg]	50	60	70	80	90	100	110
Spring rate [N/mm]	8,5	9	9	9,5	9,5	10	10
Preload [turns]	4	3	5	4	6	6	7
Part number (pair)	04051356	04051069	04051069	04051252	04051252	04051251	04051251

