

Recommended Sag Table

Fork Type	Total Travel	Total Sag
XC	70mm	7-15mm
XC	80mm	8-16mm
XC	100mm	20-30mm
FR	120mm	22-36mm
FR	130mm	25-40mm
FR	150mm	30-45mm
DH	150mm	35-53mm
DH	170mm	40-60mm
DH	200mm	47-70mm
DH	300mm	70-106mm