

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 |
| SHOCK MODEL | | SAG (% & mm) | STROKE |
| | | 15% - 18mm | 27.5% - 12mm |
| | | | 190x45 |
| | | 120 | 120 |
| RIDER WEIGHT | | FRONT FORK | REAR SHOCK |
| KG | | 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.