

SHOCK SPRING RATES

ÖHLINS REAR SHOCKS



Use the charts below to help you establish the best spring rate for your Demo/Enduro EVO. These suggested rates will get you in “the ball park”. Your final spring rate will depend on your personal style and the terrain you ride.

RECOMMENDED SPRING RATE 2011-2018 DEMO FSR

RIDER WEIGHT		SPRING RATE	SPRING RATE
LBS	(KG)	(n-mm)	(in-lbs)
135	(61.2)	52	297
145	(65.8)	56	320
155	(70.4)	60	343
165	(74.9)	64	365
175	(79.5)	68	388
185	(84.1)	72	411
195	(88.6)	76	434
205	(93.2)	80	457
215	(97.8)	84	480
225	(102.3)	88	502

RECOMMENDED SPRING RATE 2013-2018 ENDURO EVO FSR

RIDER WEIGHT		SPRING RATE	SPRING RATE
LBS	(KG)	(n-mm)	(in-lbs)
127	(57.9)	68	388
139	(63.0)	72	411
150	(68.2)	76	434
161	(73.3)	80	457
173	(78.4)	84	480
184	(83.6)	88	502
195	(88.7)	92	525
206	(93.8)	96	548
218	(99.0)	100	571
229	(104.1)	104	594