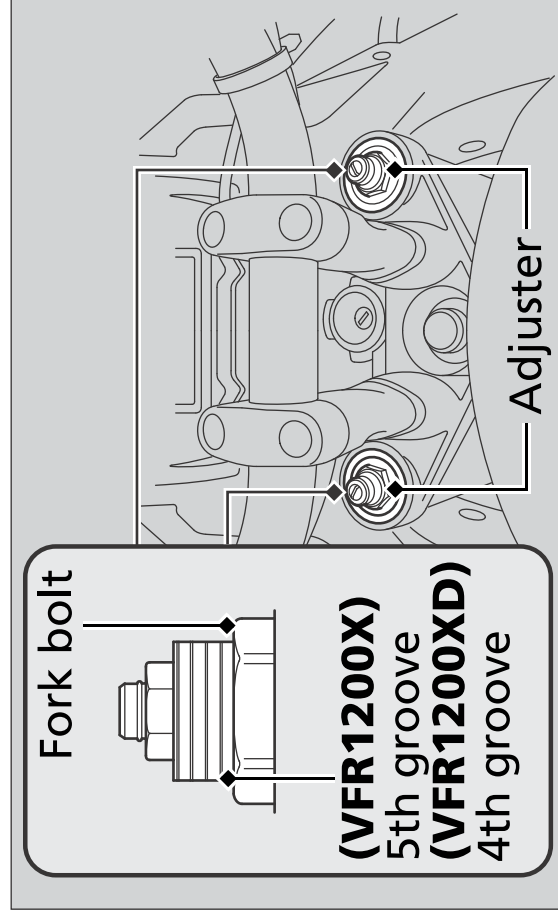


## Adjusting the Front Suspension

### Spring Preload

You can adjust the spring preload by the adjuster to suit the load or the road surface. Turn clockwise to increase spring preload (hard), or turn counterclockwise to decrease spring preload (soft). The standard position is 5th groove (**VFR1200X**)/4th groove (**VFR1200XD**) from the top aligning with the top surface of the fork bolts.



### Rebound Damping

You can adjust the rebound damping by the adjuster to suit the load or the road surface. Turn clockwise to increase rebound damping (hard), or turn counterclockwise to decrease rebound damping (soft). The standard position is 7 clicks (**VFR1200X**)/6 clicks (**VFR1200XD**) from the maximum setting.

