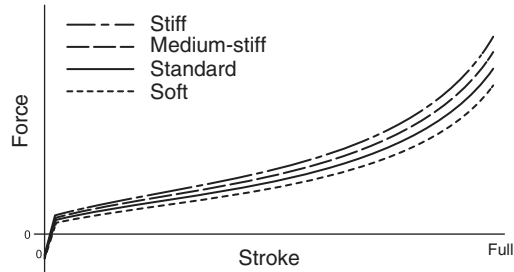Recommended Setting
Begin with the standard setting. If the suspension is too stiff/soft, adjust to the stiff/soft setting of the recommended setting.
When adjusting the left fork to the recommended setting, adjust the rebound and compression damping adjuster to the standard settings.

Standard:

Inner chamber air pressure	156 psi (1,075 kPa, 11.0 kgf/cm²)
Outer chamber air pressure	12 psi (80 kPa, 0.8 kgf/cm²)
Balance chamber air pressure	156 psi (1,075 kPa, 11.0 kgf/cm²)

Soft:

Inner chamber air pressure	149 psi (1,025 kPa, 10.5 kgf/cm²)
Outer chamber air pressure	10 psi (70 kPa, 0.7 kgf/cm²)
Balance chamber air pressure	149 psi (1,025 kPa, 10.5 kgf/cm²)

Medium-stiff:

| Inner chamber air pressure	163 psi (1,125 kPa, 11.5 kgf/cm²)
Outer chamber air pressure	13 psi (90 kPa, 0.9 kgf/cm²)
Balance chamber air pressure	163 psi (1,125 kPa, 11.5 kgf/cm²)

Stiff:

Inner chamber air pressure	170 psi (1,175 kPa, 12.0 kgf/cm²)
Outer chamber air pressure	15 psi (100 kPa, 1.0 kgf/cm²)
Balance chamber air pressure	170 psi (1,175 kPa, 12.0 kgf/cm²)

If the suspension is too stiff/soft, adjust according to the *Suspension Adjustment Guidelines* (page 145).

Inner Chamber Air Pressure
When adjusting the left fork air pressure, adjust the inner chamber air pressure first, then the outer chamber air pressure, and finally the balance chamber air pressure.

1. Place an optional workstand under the engine, so that the front wheel is off the ground.
2. Remove the valve cap (1) and clean the area around the inner chamber air valve (2).
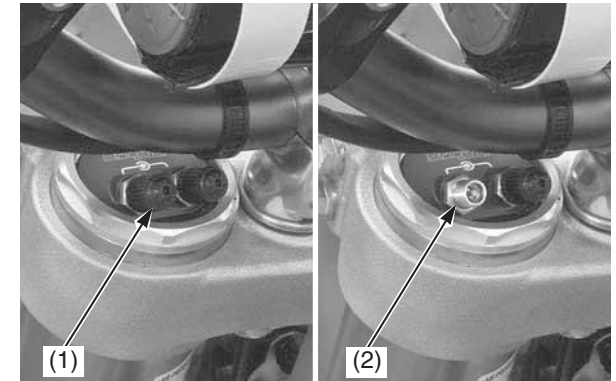
(1) valve cap
(2) inner chamber air valve

3. Adjust the inner chamber air pressure.

- Air fork pump   07AMJ-KRNA100 (USA only)
- Air fork pump adapter   07AMJ-KRNA110 (USA only)

When releasing air pressure from the inner chamber, the fork will be shortened.
When applying air pressure to the inner chamber, the fork will be extended.

Do not adjust the inner chamber air pressure to a level that is outside the minimum or maximum level.

(cont'd)