

### Suggested Starting Points for Setting Sag- 34mm SC, FLOAT, and Rhythm Forks

Rider Weight		Air Pressure	
(lbs)	(kg)	(psi)	(bar)
120-150	54-68	58-68	4.0-4.7
150-180	68-82	72-82	5.0-5.7
180-210	82-95	86-96	5.9-6.6
210-250	95-113	100-114	6.9-7.9

### Suggested Sag Measurements

Travel	15% sag (Firm)	20% sag (Plush)
40mm/ 1.6 in (AX)	6mm/ 0.2 in	8mm/ 0.3 in
80mm/ 3.1 in	12mm/ 0.5 in	16mm/ 0.6 in
90mm/ 3.5 in	13mm/ 0.5 in	18mm/ 0.7 in
100mm/ 3.9 in	15mm/ 0.6 in	20 mm/ 0.8 in
110mm/ 4.3 in	17mm/ 0.7 in	22mm/ 0.9 in
120mm/ 4.7 in	18mm/ 0.7 in	24mm/ 0.9 in
130mm/ 5.1 in	20 mm/ 0.8 in	26mm/ 1.0 in
140mm/ 5.5 in	21mm/ 0.8 in	28mm/ 1.1 in
150mm/ 5.9 in	23mm/ 0.9 in	30mm/ 1.2 in
160mm/ 6.3 in	24mm/ 0.9in	32mm/ 1.3 in

### Suggested Rebound Settings- 34mm FLOAT and Rhythm

34mm FLOAT and Rhythm Air Pressure (psi/ bar)	FIT4 Rebound	GRIP Rebound
65psi/ 4.5 bar	8	13
70psi/ 4.8 bar	8	12
74psi/ 5.1 bar	7	11
80psi/ 5.5 bar	7	10
85psi/ 5.9 bar	6	9
90psi/ 6.2 bar	6	8
96psi/ 6.6 bar	5	7
101psi/ 7.0 bar	5	6
106psi/ 7.3 bar	4	5
111psi/ 7.6 bar	4	4
117psi/ 8.0 bar	3	3
122psi/ 8.4 bar	2	2
126psi/ 8.7 bar	1	1

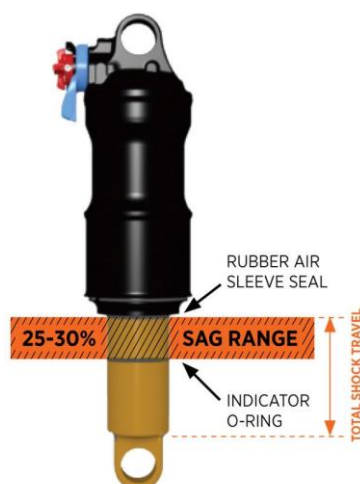
**OPEN**  
(COUNTER-CLOCKWISE)



LEAST AMOUNT  
OF COMPRESSION  
DAMPING; FORK  
COMPRESSION  
**LIGHTEST**

**CLOSED**  
(CLOCKWISE)

MOST AMOUNT  
OF COMPRESSION  
DAMPING; FORK  
COMPRESSION  
**FIRMEST**



Suggested Sag Measurements		
Travel	25% sag (Firm)	30% sag (Plush)
25 mm (1.0 in)	6 mm (0.25 in)	7 mm (0.30 in)
32 mm (1.25 in)	8 mm (0.31 in)	10 mm (0.37 in)
38 mm (1.5 in)	10 mm (0.38 in)	11 mm (0.45 in)
44 mm (1.75 in)	11 mm (0.44 in)	13 mm (0.53 in)
51 mm (2.0 in)	13 mm (0.50 in)	15 mm (0.60 in)
57 mm (2.25 in)	14 mm (0.56 in)	17 mm (0.68 in)
63 mm (2.5 in)	16 mm (0.63 in)	19 mm (.75 in)
76 mm (3.0 in)	19 mm (0.75 in)	23 mm (0.90 in)

42,5mm Giant Trance 1 29

## REBOUND



**Rebound** controls the rate of speed at which the shock extends after compressing.

Air Pressure (psi)	Recommended Rebound Setting
<100	Open (counter-clockwise)
100-120	11
120-140	10
140-160	9
160-180	8
180-200	7
200-220	6
220-240	5
240-260	4
260-280	3
280-300	Closed (clockwise)

