

# **Marin Alpine Trail E1 Bosch-Suspension Setup**

## **REAR SHOCK SETUP**

*Recommended Sag = 30%/19.5mm*

Step 1: Use your finger to slide the rubber bump stop (on the shock shaft) up to the seal head.

Step 2: Sit on the bike and put all of your weight on the bike. Do *\*not\** cycle the suspension.

Step 3: Measure sag (from shock body to bumper), If it does not match the bike's recommended sag in millimeters repeat process, and replace coil spring with appropriate rate.

Step 4: Adjust rebound setting to ensure proper control.

## **FORK SETUP**

*Marin recommends that all bikes front and rear suspension feel balanced*

Step 1: After rear sag is set follow the recommended pressure from the fork manufacturer.

Step 2: Bounce evenly up and down on the bike, cycling the suspension up and down to make sure both front and rear suspension feel balanced, if the front does not match the rear add or release pressure.

Step 3: Once the bike feels balanced adjust the rebound damping to ensure proper control.

## **Marzocchi CR Coil**

Rider weight and shock setup

<b>LBS</b>	<b>KG</b>	<b>COIL LB/IN</b>
120	54	400
130	59	400
140	64	400
150	68	450
160	73	450
170	77	450
180	82	500
190	86	500
200	91	500
210	95	550
220	100	550
230	104	550
240	109	650
250	113	650
260	118	650
270	122	650