



Checkpoint Öhlins

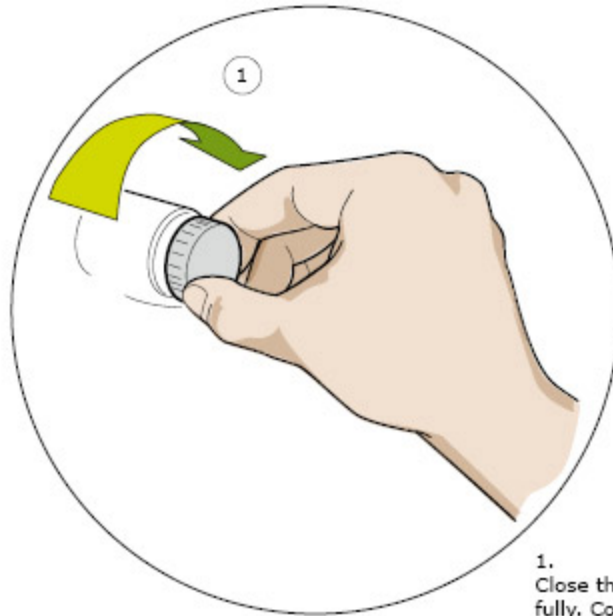
Compression & Rebound Damping

What Is Compression and Rebound?

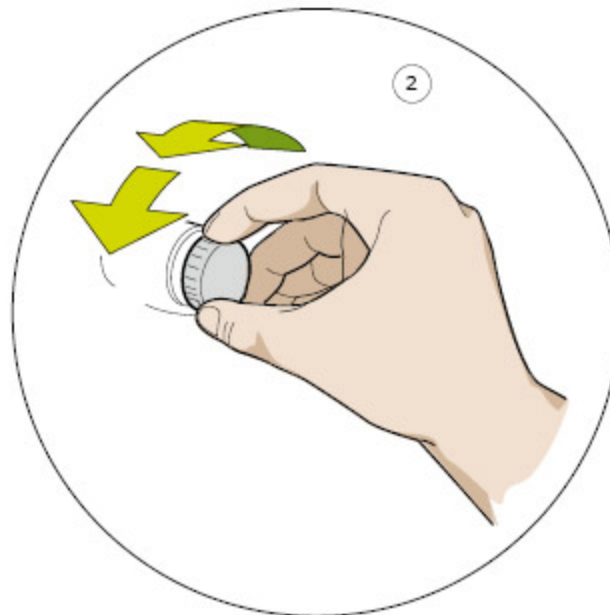
Compression damping controls the energy absorption when the shock absorber is being compressed, thus controls how easy the shock absorber compresses when the rear wheel is being loaded or hits a bump.

Rebound damping controls the energy absorption when the shock absorber is being extended and controls how fast the shock absorber returns to its normal position after being compressed.

How to Adjust Compression and Rebound Damping



1. Close the adjuster fully. Count the clicks (steps). Close the adjuster by turning it clockwise until it stops.



2. Set the adjuster to recommended setting (according to Mounting Instructions, Owner's Manual or contact an Öhlins dealer for advice). Set the adjuster by turning it counter clockwise, count the clicks (steps).

Note!

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