

Adjustment	Range of Adjustment	Yamaha Std	MCN Long TT	MCN Track Day	Existing	Location
------------	---------------------	------------	-------------	---------------	----------	----------

<b>Front</b>	Preload	1H to 8S	5 rings	Full in	Full in		Top of forks, spanner
	Compression	From fully in-1H click out to 12S	7 clicks out	4 from hard	2 from hard		Bottom of forks, screwdriver
	Rebound	From fully in-1H click out to 12S	6 clicks out	4 from hard	2 from hard		Top of forks, screwdriver
<b>Rear</b>	Preload	1H to 7S	3 on mark	Posn 4	Posn 4	3	Top of rear spring
	Compression	From fully out-0S click in to 20H	10 clicks in	7 from hard	2 from hard	10	LHS in panel
	Rebound	From fully in-1H click out to 20S	10 clicks out	4 from hard	4 from hard		Base of shocker. Wind in looking from bottom