

Spring rate / Rider weight

SX50 2005-2006		
	Fork spring	Shock spring
Standard spring	26-350-2,0	47-140-40
Rider weight		
15-25 kg	1,8	35
25-35 kg	STD	STD
35-45 kg	2,2	45

SX50 2012 - 2015		
	Fork spring	Shock spring
Standard spring	29,5-330-2,0	47-130-35
Rider weight		
15-25 kg	1,8	30
25-35 kg	STD	STD
35-45 kg	2,2	40

SX65 2002-2011		
	Fork spring	Shock spring
Standard spring	30-380-3,0	47-220-40
Rider weight		
25-30 kg	2,4	AT REQ.
30-35 kg	2,6	30
35-40 kg	2,8	35
40-45 kg	STD	STD
45-50 kg	3,2	45
50-55 kg	AT REQ.	AT REQ.
50-55 kg	AT REQ.	AT REQ.

SX85 2004-2005		
	Fork spring	Shock spring
Standard spring	38-425-3,0	59-220-40
Rider weight		
30-35 kg	AT REQ.	AT REQ.
35-40 kg	2,4	30
40-45 kg	2,6	35
45-50 kg	STD	STD
50-55 kg	STD	STD
55-60 kg	3,2	45
60-65 kg	3,4	50
65-70 kg	3,6	55
70-75 kg	3,8	60

SX85/SX105 2008-2015		
	Fork spring	Shock spring
Standard spring	38-425-3,4	59-220-35
Rider weight		
30-35 kg	2,8	AT REQ.
35-40 kg	3,0	30
40-45 kg	3,2	30
45-50 kg	STD	STD
50-55 kg	STD	STD
55-60 kg	3,6	40
60-65 kg	3,8	45
65-70 kg	4,0	50
70-75 kg	AT REQ.	55
75-80 kg	AT REQ.	60

SX125 2007 SX50 2006-2011		
	Fork spring	Shock spring
Standard spring	43,2-455-4,2	63-250-60
Rider weight		
45-55 kg	2,6-330-2,0	47-130-35
55-65 kg	AT REQ.	54
65-75 kg	3,8	56
75-85 kg	4,0	58
85-95 kg	STD	STD
95-105 kg	4,4	63
105-115 kg	4,6	66
115-125 kg	4,8	69
115-125 kg	5,0	72

SX125/150 2009-2011		
	Fork spring	Shock spring
Standard spring	43,2-485-4,2	63-250-63
Rider weight		
45-55 kg	AT REQ.	56
55-65 kg	3,8	58
65-75 kg	4,0	60
75-85 kg	STD	STD
Standard spring	29,5-370-2,8	47-220-40
Rider weight		
95-105 kg	4,6	69
105-115 kg	AT REQ.	AT REQ.
115-125 kg	5,0	76

SX125/150 2015		
	Fork spring	Shock spring
Standard spring	43,2-485-4,4	63-260-48
Rider weight		
55-65 kg	AT REQ.	AT REQ.
65-75 kg	3,8	AT REQ.
75-85 kg	4,0	44
85-95 kg	4,2	Shock spring
95-105 kg	STD	STD
Standard spring	38-425-3,0	59-220-40
Rider weight		
30-35 kg	4,8	52
35-40 kg	5,0	AT REQ.
40-45 kg	5,2	30
45-50 kg	2,8	30

SX250 2007		
	Fork spring	Shock spring
Standard spring	43,2-455-4,4	63-250-63
Rider weight		
60-65 kg	3,4	45
65-70 kg	3,6	58
70-75 kg	3,8	58
75-80 kg	4,0	60
80-85 kg	4,2	60
85-95 kg	4,6	Shock spring
Standard spring	43,2-505-4,2	63-250-72
Rider weight		
105-115 kg	5,0	76
115-125 kg	AT REQ.	78
55-65 kg	3,8	66
65-75 kg	4,0	69
75-85 kg	STD	STD
85-95 kg	4,4	76
95-105 kg	4,6	80
105-115 kg	4,8	84
115-125 kg	5,0	88

Note:
Rider weight is body weight without clothing

Note:
Rider weight is body weight without clothing.



SX125/144 2008

	Fork spring	Shock spring
Standard spring	43,2-485-4,2	63-250-60
Rider weight		
45-55 kg	AT REQ.	54
55-65 kg	3,8	56
65-75 kg	4,0	58
75-85 kg	STD	STD
85-95 kg	4,4	63
95-105 kg	4,6	66
105-115 kg	4,8	69
115-125 kg	5,0	72

SX125/150 2012-2014

	Fork spring	Shock spring
Standard spring	43,2-485-4,2	63-260-48
Rider weight		
45-55 kg	AT REQ.	AT REQ.
55-65 kg	3,8	44
65-75 kg	4,0	46
75-85 kg	STD	STD
85-95 kg	4,4	50
95-105 kg	4,6	52
105-115 kg	4,8	54
115-125 kg	5,0	56

SX250 2004-2006

	Fork spring	Shock spring
Standard spring	43,2-505-4,4	63-250-76
Rider weight		
45-55 kg	3,8	66
55-65 kg	4,0	69
65-75 kg	4,2	72
75-85 kg	STD	STD
85-95 kg	4,6	80
95-105 kg	4,8	84
105-115 kg	5,0	88
115-125 kg	5,2	92

SX250 2008

	Fork spring	Shock spring
Standard spring	43,2-485-4,4	63-250-66
Rider weight		
45-55 kg	3,8	58
55-65 kg	4,0	60
65-75 kg	4,2	63
75-85 kg	STD	STD
85-95 kg	4,6	69
95-105 kg	4,8	72
105-115 kg	5,0	76
115-125 kg	5,2	80

Spring rate / Rider weight

SX250 2009-2011		
	Fork spring	Shock spring
Standard spring	43,2-485-4,4	63-250-69
Rider weight		
45-55 kg	3,8	60
55-65 kg	4,0	63
65-75 kg	4,2	66
75-85 kg	STD	STD
85-95 kg	4,6	72
95-105 kg	4,8	76
105-115 kg	5,0	80
115-125 kg	5,2	84

SX250 2015		
	Fork spring	Shock spring
Standard spring	43,2-485-4,6	63-260-54
Rider weight		
45-55 kg	4,0	48
55-65 kg	4,2	50
65-75 kg	4,4	52
75-85 kg	STD	STD
85-95 kg	4,8	56
95-105 kg	5,0	58
105-115 kg	5,2	60
115-125 kg	AT REQ.	63

SX-F250 2007		
	Fork spring	Shock spring
Standard spring	43,2-455-4,4	63-250-63
Rider weight		
45-55 kg	3,8	56
55-65 kg	4,0	58
65-75 kg	4,2	60
75-85 kg	STD	STD
85-95 kg	4,6	66
95-105 kg	4,8	69
105-115 kg	5,0	72
115-125 kg	5,2	76

SX-F250 2009-2010		
	Fork spring	Shock spring
Standard spring	43,2-485-4,4	63-250-69
Rider weight		
45-55 kg	3,8	60
55-65 kg	4,0	63
65-75 kg	4,2	66
75-85 kg	STD	STD
85-95 kg	4,6	72
95-105 kg	4,8	76
105-115 kg	5,0	80
115-125 kg	5,2	84

SX250 2012-2014		
	Fork spring	Shock spring
Standard spring	43,2-485-4,4	63-260-54
Rider weight		
45-55 kg	3,8	48
55-65 kg	4,0	50
65-75 kg	4,2	52
75-85 kg	STD	STD
85-95 kg	4,6	56
95-105 kg	4,8	58
105-115 kg	5,0	60
115-125 kg	5,2	63

SX-F250 2004-2006		
	Fork spring	Shock spring
Standard spring	43,2-505-4,4	63-250-76
Rider weight		
45-55 kg	3,8	66
55-65 kg	4,0	69
65-75 kg	4,2	72
75-85 kg	STD	STD
85-95 kg	4,6	80
95-105 kg	4,8	84
105-115 kg	5,0	88
115-125 kg	5,2	92

SX-F250 2008		
	Fork spring	Shock spring
Standard spring	43,2-485-4,4	63-250-66
Rider weight		
45-55 kg	3,8	58
55-65 kg	4,0	60
65-75 kg	4,2	63
75-85 kg	STD	STD
85-95 kg	4,6	69
95-105 kg	4,8	72
105-115 kg	5,0	76
115-125 kg	5,2	80

SX-F250 2011-2012		
	Fork spring	Shock spring
Standard spring	43,2-485-4,4	63-260-54
Rider weight		
45-55 kg	3,8	48
55-65 kg	4,0	50
65-75 kg	4,2	52
75-85 kg	STD	STD
85-95 kg	4,6	56
95-105 kg	4,8	58
105-115 kg	5,0	60
115-125 kg	5,2	63

Note:

Rider weight is body weight without clothing.

Spring rate / Rider weight

SX-F250 2013-2015		
	Fork spring	Shock spring
Standard spring	43,2-485-4,6	63-260-54
Rider weight		
45-55 kg	4,0	48
55-65 kg	4,2	50
65-75 kg	4,4	52
75-85 kg	STD	STD
85-95 kg	4,8	56
95-105 kg	5,0	58
105-115 kg	5,2	60
115-125 kg	AT REQ.	63

SX-F350 2013-2014		
	Fork spring	Shock spring
Standard spring	43,2-485-4,8	63-260-56
Rider weight		
45-55 kg	4,2	50
55-65 kg	4,4	52
65-75 kg	4,6	54
75-85 kg	STD	STD
85-95 kg	5,0	58
95-105 kg	5,2	60
105-115 kg	AT REQ.	62
115-125 kg	AT REQ.	64

SX-F450/525 2004-2006		
	Fork spring	Shock spring
Standard spring	43,2-505-4,6	63-250-80
Rider weight		
45-55 kg	4,0	69
55-65 kg	4,2	72
65-75 kg	4,4	76
75-85 kg	STD	STD
85-95 kg	4,8	84
95-105 kg	5,0	88
105-115 kg	5,0	92
115-125 kg	5,2	96

SX-F450/505 2008		
	Fork spring	Shock spring
Standard spring	43,2-485-4,8	63-250-69
Rider weight		
45-55 kg	4,2	60
55-65 kg	4,4	63
65-75 kg	4,6	66
75-85 kg	STD	STD
85-95 kg	5,0	72
95-105 kg	5,2	76
105-115 kg	AT REQ.	80
115-125 kg	AT REQ.	84

SX-F350 2011-2012		
	Fork spring	Shock spring
Standard spring	43,2-485-4,8	63-260-54
Rider weight		
45-55 kg	4,2	48
55-65 kg	4,4	50
65-75 kg	4,6	52
75-85 kg	STD	STD
85-95 kg	5,0	56
95-105 kg	5,2	58
105-115 kg	AT REQ.	60
115-125 kg	AT REQ.	63

SX-F450/505 2007		
	Fork spring	Shock spring
Standard spring	43,2-455-4,6	63-250-66
Rider weight		
45-55 kg	4,0	58
55-65 kg	4,2	60
65-75 kg	4,4	63
75-85 kg	STD	STD
85-95 kg	4,8	69
95-105 kg	5,0	72
105-115 kg	5,2	76
115-125 kg	AT REQ.	80

SX-F450/505 2009-2010		
	Fork spring	Shock spring
Standard spring	43,2-485-4,8	63-250-72
Rider weight		
45-55 kg	4,2	63
55-65 kg	4,4	66
65-75 kg	4,6	69
75-85 kg	STD	STD
85-95 kg	5,0	76
95-105 kg	5,2	80
105-115 kg	AT REQ.	84
115-125 kg	AT REQ.	88

Note:

Rider weight is body weight without clothing.



Spring rate / Rider weight

SX-F450 2011-2012		
	Fork spring	Shock spring
Standard spring	43,2-485-4,8	63-250-56
Rider weight		
45-55 kg	4,2	50
55-65 kg	4,4	52
65-75 kg	4,6	54
75-85 kg	STD	STD
85-95 kg	5,0	58
95-105 kg	5,2	60
105-115 kg	AT REQ.	63
115-125 kg	AT REQ.	66

SX-F450 2013-2014		
	Fork spring	Shock spring
Standard spring	43,2-485-4,8	63-260-57
Rider weight		
45-55 kg	4,2	50
55-65 kg	4,4	52
65-75 kg	4,6	54
75-85 kg	STD	STD
85-95 kg	5,0	58
95-105 kg	5,2	60
105-115 kg	AT REQ.	63
115-125 kg	AT REQ.	66

EXC125/200 2005-2007		
	Fork spring	Shock spring
Standard spring	43,2-505-4,0	63-250-72
Rider weight		
45-55 kg	AT REQ.	63
55-65 kg	AT REQ.	66
65-75 kg	3,8	69
75-85 kg	STD	STD
85-95 kg	4,2	76
95-105 kg	4,4	80
105-115 kg	4,6	84
115-125 kg	4,8	88

EXC125/200 2008-2015		
	Fork spring	Shock spring
Standard spring	43,2-505-4,0	63-250-66
Rider weight		
45-55 kg	AT REQ.	58
55-65 kg	3,6	60
65-75 kg	3,8	63
75-85 kg	STD	STD
85-95 kg	4,2	69
95-105 kg	4,4	72
105-115 kg	4,6	76
115-125 kg	4,8	80

EXC125/200 SIX DAYS 2013		
	Fork spring	Shock spring
Standard spring	43,8-465-4,0	63-250-66
Rider weight		
45-55 kg	AT REQ.	58
55-65 kg	3,6	60
65-75 kg	3,8	63
75-85 kg	STD	STD
85-95 kg	4,2	69
95-105 kg	4,4	72
105-115 kg	4,6	76
115-125 kg	4,8	80

EXC125/200 2008-2015		
	Fork spring	Shock spring
Standard spring	43,8-465-4,0	63-250-66
Rider weight		
45-55 kg	AT REQ.	58
55-65 kg	3,6	60
65-75 kg	3,8	63
75-85 kg	STD	STD
85-95 kg	4,2	69
95-105 kg	4,4	72
105-115 kg	4,6	76
115-125 kg	4,8	80

EXC250/300 2005-2007		
	Fork spring	Shock spring
Standard spring	43,2-505-4,2	63-250-76
Rider weight		
45-55 kg	AT REQ.	66
55-65 kg	3,8	69
65-75 kg	4,0	72
75-85 kg	STD	STD
85-95 kg	4,4	80
95-105 kg	4,6	84
105-115 kg	4,8	88
115-125 kg	5,0	92

EXC250/300 2008-2015		
	Fork spring	Shock spring
Standard spring	43,2-505-4,2	63-250-69
Rider weight		
45-55 kg	AT REQ.	60
55-65 kg	3,8	63
65-75 kg	4,0	66
75-85 kg	STD	STD
85-95 kg	4,4	72
95-105 kg	4,6	76
105-115 kg	4,8	80
115-125 kg	5,0	84

Note:

Rider weight is body weight without clothing.

Spring rate / Rider weight

EXC250/300 SIX DAYS 2013		
	Fork spring	Shock spring
Standard spring	43,8-465-4,2	63-250-69
Rider weight		
45-55 kg	3,6	60
55-65 kg	3,8	63
65-75 kg	4,0	66
75-85 kg	STD	STD
85-95 kg	4,4	72
95-105 kg	4,6	76
105-115 kg	4,8	80
115-125 kg	5,0	84

EXC-F250 2005-2007		
	Fork spring	Shock spring
Standard spring	43,2-505-4,2	63-250-76
Rider weight		
45-55 kg	AT REQ.	66
55-65 kg	3,8	69
65-75 kg	4,0	72
75-85 kg	STD	STD
85-95 kg	4,4	80
95-105 kg	4,6	84
105-115 kg	4,8	88
115-125 kg	5,0	92

EXC-F250 SIX DAYS 2013		
	Fork spring	Shock spring
Standard spring	43,8-465-4,2	63-250-69
Rider weight		
45-55 kg	3,6	60
55-65 kg	3,8	63
65-75 kg	4,0	66
75-85 kg	STD	STD
85-95 kg	4,4	72
95-105 kg	4,6	76
105-115 kg	4,8	80
115-125 kg	5,0	84

EXC-F250/350 SIX DAYS 2014-2015		
	Fork spring	Shock spring
Standard spring	43,8-465-4,2	63-250-69
Rider weight		
45-55 kg	3,6	60
55-65 kg	3,8	63
65-75 kg	4,0	66
75-85 kg	STD	STD
85-95 kg	4,4	72
95-105 kg	4,6	76
105-115 kg	4,8	80
115-125 kg	5,0	84

EXC250/300 SIX DAYS 2014-2015		
	Fork spring	Shock spring
Standard spring	43,8-465-4,0	63-260-69
Rider weight		
45-55 kg	AT REQ.	60
55-65 kg	3,6	63
65-75 kg	3,8	66
75-85 kg	STD	STD
85-95 kg	4,2	72
95-105 kg	4,4	76
105-115 kg	4,8	80
115-125 kg	5,0	84

EXC-F250/350 2008-2015		
	Fork spring	Shock spring
Standard spring	43,2-505-4,2	63-250-69
Rider weight		
45-55 kg	AT REQ.	60
55-65 kg	3,8	63
65-75 kg	4,0	66
75-85 kg	STD	STD
85-95 kg	4,4	72
95-105 kg	4,6	76
105-115 kg	4,8	80
115-125 kg	5,0	84

EXC-F350 SIX DAYS 2013		
	Fork spring	Shock spring
Standard spring	43,8-465-4,4	63-250-69
Rider weight		
45-55 kg	3,8	60
55-65 kg	4,0	63
65-75 kg	4,2	66
75-85 kg	STD	STD
85-95 kg	4,6	72
95-105 kg	4,8	76
105-115 kg	5,0	80
115-125 kg	5,2	84

EXC-F400/450/525 2005-2007		
	Fork spring	Shock spring
Standard spring	43,2-505-4,4	63-250-80
Rider weight		
45-55 kg	3,8	69
55-65 kg	4,0	72
65-75 kg	4,2	76
75-85 kg	STD	STD
85-95 kg	4,6	84
95-105 kg	4,8	88
105-115 kg	5,0	92
115-125 kg	5,2	96

Note:

Rider weight is body weight without clothing.



Spring rate / Rider weight

EXC-F400/450/530 2008-2011		
	Fork spring	Shock spring
Standard spring	43,2-505-4,6	63-250-72
Rider weight		
45-55 kg	4,0	63
55-65 kg	4,2	66
65-75 kg	4,4	69
75-85 kg	STD	STD
85-95 kg	4,8	76
95-105 kg	5,0	80
105-115 kg	5,2	84
115-125 kg	AT REQ.	88

EXC-F450/500 2012-2015		
	Fork spring	Shock spring
Standard spring	43,2-505-4,4	63-250-72
Rider weight		
45-55 kg	3,8	63
55-65 kg	4,0	66
65-75 kg	4,2	69
75-85 kg	STD	STD
85-95 kg	4,6	76
95-105 kg	4,8	80
105-115 kg	5,0	84
115-125 kg	5,2	88

EXC-F450/500 SIX DAYS 2013		
	Fork spring	Shock spring
Standard spring	43,8-465-4,6	63-250-72
Rider weight		
45-55 kg	4,0	63
55-65 kg	4,2	66
65-75 kg	4,4	69
75-85 kg	STD	STD
85-95 kg	4,8	76
95-105 kg	5,0	80
105-115 kg	5,2	84
115-125 kg	AT REQ.	88

EXC-F450/500 SIX DAYS 2014-2015		
	Fork spring	Shock spring
Standard spring	43,8-465-4,4	63-250-72
Rider weight		
45-55 kg	3,8	63
55-65 kg	4,0	66
65-75 kg	4,2	69
75-85 kg	STD	STD
85-95 kg	4,6	76
95-105 kg	4,8	80
105-115 kg	5,0	84
115-125 kg	5,2	88

Note:

Rider weight is body weight without clothing.