



Spring rate / Rider weight

| RM85 2005-2010 | | |
|-----------------|-------------|----------------|
| | Fork spring | Shock spring |
| Standard Spring | 33-450-2,8 | 56/53-245-47,5 |
| Rider weight | | |
| 35-40 kg | AT REQ. | 40 |
| 40-45 kg | 2,4 | 42,5 |
| 45-50 kg | 2,6 | 45 |
| 50-55 kg | STD | STD |
| 55-60 kg | 3,0 | 50 |
| 60-65 kg | 3,2 | 52,5 |
| 65-70 kg | 3,4 | 55 |
| 70-75 kg | 3,6 | 57,5 |

| RM85 2011-2014 | | |
|-----------------|-------------|--------------|
| | Fork spring | Shock spring |
| Standard Spring | 33-450-2,8 | 56/53-245-45 |
| Rider weight | | |
| 35-40 kg | AT REQ. | 37,5 |
| 40-45 kg | 2,4 | 40 |
| 45-50 kg | 2,6 | 42,5 |
| 50-55 kg | STD | STD |
| 55-60 kg | 3,0 | 47,5 |
| 60-65 kg | 3,2 | 50 |
| 65-70 kg | 3,4 | 52,5 |
| 70-75 kg | 3,6 | 55 |

| RM125 2004-2009 | | |
|-----------------|---------------|--------------|
| | Fork spring | Shock spring |
| Standard Spring | 42,75-495-4,2 | 64/66-260-50 |
| Rider weight | | |
| 45-55 kg | 3,8 | 46 |
| 55-65 kg | 4,0 | 48 |
| 65-75 kg | STD | STD |
| 75-85 kg | 4,4 | 52 |
| 85-95 kg | 4,6 | 54 |
| 95-105 kg | 4,8 | 56 |
| 105-115 kg | 5,0 | 58 |
| 115-125 kg | 5,2 | 60 |

| RMZ250 2004-2006 | | |
|------------------|--------------|--------------|
| | Fork spring | Shock spring |
| Standard Spring | 43,5-460-4,2 | 59/62-270-50 |
| Rider weight | | |
| 45-55 kg | 3,6 | 44 |
| 55-65 kg | 3,8 | 46 |
| 65-75 kg | 4,0 | 48 |
| 75-85 kg | STD | STD |
| 85-95 kg | 4,4 | 52 |
| 95-105 kg | 4,6 | 54 |
| 105-115 kg | 4,8 | 56 |
| 115-125 kg | 5,0 | 58 |

| RM85L 2005-2010 | | |
|-----------------|-------------|----------------|
| | Fork spring | Shock spring |
| Standard Spring | 33-450-2,8 | 56/53-245-52,5 |
| Rider weight | | |
| 35-40 kg | AT REQ. | 45 |
| 40-45 kg | 2,4 | 47,5 |
| 45-50 kg | 2,6 | 50 |
| 50-55 kg | STD | STD |
| 55-60 kg | 3,0 | 55 |
| 60-65 kg | 3,2 | 57,5 |
| 65-70 kg | 3,4 | 60 |
| 70-75 kg | 3,6 | AT REQ. |

| RM85L 2011-2014 | | |
|-----------------|-------------|----------------|
| | Fork spring | Shock spring |
| Standard Spring | 33-450-2,8 | 56/53-245-47,5 |
| Rider weight | | |
| 35-40 kg | AT REQ. | 40 |
| 40-45 kg | 2,4 | 42,5 |
| 45-50 kg | 2,6 | 45 |
| 50-55 kg | STD | STD |
| 55-60 kg | 3,0 | 50 |
| 60-65 kg | 3,2 | 52,5 |
| 65-70 kg | 3,4 | 55 |
| 70-75 kg | 3,6 | 57,5 |

| RM250 2004-2009 | | |
|-----------------|---------------|--------------|
| | Fork spring | Shock spring |
| Standard Spring | 42,75-495-4,4 | 64/66-260-52 |
| Rider weight | | |
| 45-55 kg | 3,8 | 46 |
| 55-65 kg | 4,0 | 48 |
| 65-75 kg | 4,2 | 50 |
| 75-85 kg | STD | STD |
| 85-95 kg | 4,6 | 54 |
| 95-105 kg | 4,8 | 56 |
| 105-115 kg | 5,0 | 58 |
| 115-125 kg | 5,2 | 60 |

Note:

Rider weight is body weight without clothing.



Spring rate / Rider weight

| RMZ250 2007-2009 | | |
|------------------|---------------|--------------|
| | Fork spring | Shock spring |
| Standard Spring | 42,75-495-4,4 | 64/66-260-54 |
| 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 | 62 |

| RMZ250 2013 | | |
|-----------------|------------------|--------------|
| | Fork spring | Shock spring |
| Standard Spring | 43,5/295-660-9,8 | 64/66-260-56 |
| Rider weight | | |
| 45-55 kg | 8,8 | 50 |
| 55-65 kg | 9,2 | 52 |
| 65-75 kg | 9,6 | 54 |
| 75-85 kg | STD | STD |
| 85-95 kg | 10,0 | 58 |
| 95-105 kg | 10,4 | 60 |
| 105-115 kg | 10,4 | 62 |
| 115-125 kg | AT REQ. | 64 |

| RMZ450 2005-2006 | | |
|------------------|---------------|--------------|
| | Fork spring | Shock spring |
| Standard Spring | 42,75-495-4,6 | 64/66-260-54 |
| 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. | 62 |

| RMZ450 2010-2012 | | |
|------------------|---------------|--------------|
| | Fork spring | Shock spring |
| Standard Spring | 42,75-495-4,6 | 64/66-260-56 |
| Rider weight | | |
| 45-55 kg | 4,0 | 50 |
| 55-65 kg | 4,2 | 52 |
| 65-75 kg | 4,4 | 54 |
| 75-85 kg | STD | STD |
| 85-95 kg | 4,8 | 58 |
| 95-105 kg | 5,0 | 60 |
| 105-115 kg | 5,2 | 62 |
| 115-125 kg | AT REQ. | 64 |

| RMZ250 2010-2012 | | |
|------------------|---------------|--------------|
| | Fork spring | Shock spring |
| Standard Spring | 42,75-495-4,6 | 64/66-260-56 |
| Rider weight | | |
| 45-55 kg | 4,0 | 50 |
| 55-65 kg | 4,2 | 52 |
| 65-75 kg | 4,4 | 54 |
| 75-85 kg | STD | STD |
| 85-95 kg | 4,8 | 58 |
| 95-105 kg | 5,0 | 60 |
| 105-115 kg | 5,2 | 62 |
| 115-125 kg | AT REQ. | 64 |

| RMZ250 2014 | | |
|-----------------|------------------|--------------|
| | Fork spring | Shock spring |
| Standard Spring | 43,5/295-660-9,8 | 64/66-260-54 |
| Rider weight | | |
| 45-55 kg | 8,8 | 48 |
| 55-65 kg | 9,2 | 50 |
| 65-75 kg | 9,6 | 52 |
| 75-85 kg | STD | STD |
| 85-95 kg | 10,0 | 56 |
| 95-105 kg | 10,4 | 58 |
| 105-115 kg | 10,4 | 60 |
| 115-125 kg | AT REQ. | 62 |

| RMZ450 2007-2009 | | |
|------------------|---------------|--------------|
| | Fork spring | Shock spring |
| Standard Spring | 42,75-495-4,6 | 64/66-260-56 |
| Rider weight | | |
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| 95-105 kg | 5,0 | 60 |
| 105-115 kg | 5,2 | 62 |
| 115-125 kg | AT REQ. | 64 |

| RMZ450 2013-2014 | | |
|------------------|------------------|--------------|
| | Fork spring | Shock spring |
| Standard Spring | 43,5/295-660-9,8 | 64/66-260-56 |
| Rider weight | | |
| 45-55 kg | 8,8 | 50 |
| 55-65 kg | 9,2 | 52 |
| 65-75 kg | 9,6 | 54 |
| 75-85 kg | STD | STD |
| 85-95 kg | 10,0 | 58 |
| 95-105 kg | 10,4 | 60 |
| 105-115 kg | 10,4 | 62 |
| 115-125 kg | AT REQ. | 64 |

Note: Rider weight is body weight without clothing.