



## TECHNICAL SPEC SHEET

### **BICYCLE TYPE**

*hardtail dirt bicycle*

### **FRAME MATERIAL**

*aluminium nuts*

### **COMMENTS**

*single speed compatible  
24 inch wheel only / single speed compatible*

### **RECOMMENDED FORK HEIGHT/MAX HEIGHT**

*470/490mm*

### **HEADSET DIMENSION**

*1 inch 1/8*

### **HEADSET TYPE**

*headset classic*

### **DISC BRAKE STANDARD**

*VB bosses (Maxmax only)  
+ disc mount international standart*

### **MAX REAR DISC ROTOR SIZE**

*160mm*

### **SEATPOST/SEAT CLAMP DIAMETER**

*31,6mm/34,9mm*

### **BOTTOM BRACKET WIDTH**

*68mm BSA*

### **ISCG MOUNTS STANDARD**

*no*

### **FRONT MECH TYPE**

*uncompatible*

### **REAR HUB COMPATIBILITY**

*135X10mm specific for this frame  
with 200mm screwing axle length*

If your Commencal bicycle has front suspension, it is important to adjust it according to the type of riding you do, and your riding style.

Please refer to the suspension fork manufacturers instruction manual for adjustment instructions. This manual is delivered with your bicycle when new.



**Incorrect adjustment of your suspension can result in irreparable damage to your bicycle. If in doubt, please contact your local authorized Commencal Bicycles retailer for help.**



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# SUSPENSION ADJUSTMENT

IT IS IMPORTANT THAT THE SUSPENSION OF YOUR COMMENCAL BICYCLE IS CORRECTLY ADJUSTED FOR YOUR WEIGHT AND RIDING STYLE BEFORE ITS FIRST USE.

Your bicycle will have been delivered with the suspension manufacturers user manuals, we suggest that you read them carefully, and refer to them if you have the slightest of doubt. Before carrying out any adjustment on your suspension, make sure that the compression adjustment is completely liberated. This means that there should be no propedal, lockout or other such system activated. If this is not done, the compression values of your suspension would be inaccurate

## FRONT SUSPENSION

To adjust the front suspension, please refer to the manufacturers user manual delivered with the bicycle.

## REAR SUSPENSION

### 1. Sag adjustment

All of our full-suspension bicycles are equipped with our proprietary suspension system, referred to as the Contact System. This system has been conceived so that the rear shock compresses when you sit on the bicycle, leading to fantastic grip and control of your bicycle. For ease of understanding, this is adjusted by measuring the axle-to-axle distance of the rear shock with the rider sitting on the bicycle. Adjustment is carried out as follows:

- Sit yourself on the bicycle normally, as if you were riding, with hands on the handlebars, and feet on the pedals. It is easier to do this while leaning up against a wall or a fence.
- While remaining on the bicycle get a friend to measure the axle-to-axle distance **A** (please see overleaf) of the rear shock. With this measurement taken, refer to the Contact System adjustment table that can be found with the technical spec sheet of our bicycle, so as to compare the measured values with the recommended ones.
- If the values measured do not correspond, it is necessary to adjust the spring preload of your rear shock. This can be done either with a high-pressure shock pump in the case of an air shock, or by adjusting the spring preload ring for helicoidally sprung shocks.

### 2. Rebound adjustment

The rebound adjustment manages the extension speed of your shock after it has been compressed. To adjust this, ride off of a curb while remaining seated on the saddle of your bicycle. Your rear suspension should stabilize in less than 2 oscillations. If this is not the case, adjust the rebound rate via the adjustment knob, often red in colour. The more you screw in this knob, the slower the rate of return of the suspension, and vice versa.

Rebound adjustment takes a little bit of experience to be adjusted correctly. The ideal adjustment will depend on the type of terrain ridden and your style of riding.

### 3. Other adjustments

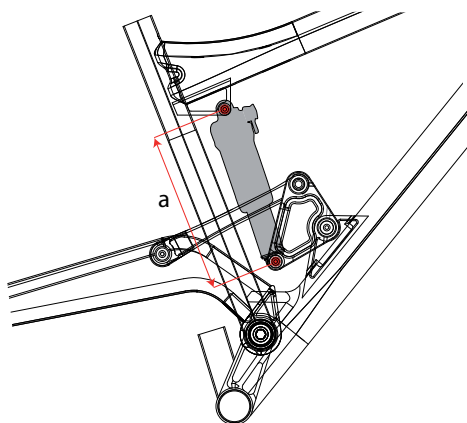
It is possible that your suspension has other adjustment possibilities, such as an anti-bob adjustment. To adjust such systems, please refer to the rear shock manufacturers user manual, delivered with the bicycle.



Incorrect adjustment of your rear shock can result in irreparable damage. If in doubt, do not hesitate to get your local Authorized Commencal retailer to adjust it for you.



For the ideal working balance between the front and rear suspension of your bicycle, make sure that they are adjusted with similar levels of sag.



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