

MY23 SUSPENSION SETUP GUIDE



This suspension setup chart provides baseline settings to assist you in configuring your bike according to standard recommendations.

For optimal performance and safety, BMC strongly recommends having your suspension setup checked and adjusted by an authorized BMC retailer.

The air pressure settings indicated are starting point recommendations only. Actual settings may vary depending on factors such as bike model, rider weight, equipment, riding style, and terrain conditions.

Use these values as a guideline and fine-tune the suspension to achieve your preferred performance and comfort level.

For complete information, please refer to the shock manufacturer’s owner’s manual and setup instructions.

All measurements are given in millimeters (mm). Pressures are expressed in Pounds per Square Inch (PSI).

Bike specifications are subject to change without notice.

		FOURSTROKE 01 LTD		FOURSTROKE 01 ONE		FOURSTROKE 01 TWO		FOURSTROKE 01 Frameset	
SHOCK MODEL		Fox Float 32 SC Factory	Fox Float DPS Factory	RockShox SID Ultimate	RockShox SIDLUXE Ultimate	RockShox SID SL Select+	RockShox SIDLUXE Select+		Fox Float DPS Factory
SAG (% & mm)		15-20% - 20mm	27.5% - 12mm	15-20% - 20mm	27.5% - 12mm	15-20% - 20mm	27.5% - 12mm		27.5% - 12mm
STROKE			190x45		190x45		190x45		190x45
TRAVEL		110	100	110	100	110	100		100
RIDER WEIGHT		FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK		REAR SHOCK
KG	LBS	PSI	PSI	PSI	PSI	PSI	PSI		PSI
50	110	59	92	63	71	63	71		92
55	121	65	99	72	81	72	81		99
60	132	71	106	81	91	81	91		106
65	143	76	113	89	101	89	101		113
70	154	82	120	98	111	98	111		120
75	165	88	127	107	121	107	121		127
80	176	94	134	115	130	115	130		134
85	187	100	141	124	140	124	140		141
90	198	106	148	133	150	133	150		148
95	209	112	155	141	160	141	160		155
100	220	118	162	150	170	150	170		162
105	231	123	169	159	179	159	179		169
110	243	129	176	167	189	167	189		176

FOURSTROKE ONE		FOURSTROKE TWO		FOURSTROKE THREE		FOURSTROKE FOUR	
RockShox SID SL Select+	RockShox SIDLUXE Select+	Fox Float 32 Step Cast Performance	Fox Float DPS Performance	RockShox SID SL Select RL	RockShox SIDLUXE Select+	RockShox SID SL RL	RockShox SIDLUXE Select+
15-20% - 18mm	27.5% - 12mm	15-20% - 18mm	27.5% - 12mm	15-20% - 18mm	27.5% - 12mm	15-20% - 18mm	27.5% - 12mm
	190x45		190x45		190x45		190x45
100	100	100	100	100	100	100	100
FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK
PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI
63	71	59	92	63	71	63	71
72	81	65	99	72	81	72	81
81	91	71	106	81	91	81	91
89	101	76	113	89	101	89	101
98	111	82	120	98	111	98	111
107	121	88	127	107	121	107	121
115	130	94	134	115	130	115	130
124	140	100	141	124	140	124	140
133	150	106	148	133	150	133	150
141	160	112	155	141	160	141	160
150	170	118	162	150	170	150	170
159	179	123	169	159	179	159	179
167	189	129	176	167	189	167	189

FOURSTROKE LT LTD		FOURSTROKE LT ONE		FOURSTROKE LT TWO	
Fox Float 34 SC Factory	Fox Float DPS Factory	RockShox SID Select+	RockShox SIDLUXE Select+	RockShox SID 3P	RockShox SIDLUXE Select+
15-20% - 21mm	27.5% - 12mm		27.5% - 12mm		27.5% - 12mm
	190x45		190x45		190x45
120	120	120	120	120	120
FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK
PSI	PSI	PSI	PSI	PSI	PSI
57	130	63	117	44	117
63	143	72	127	51	127
68	155	81	137	59	137
74	168	89	148	66	148
80	180	98	158	73	158
85	193	107	168	81	168
91	205	115	178	88	178
97	218	124	189	96	189
102	230	133	199	103	199
108	243	141	209	110	209
114	255	150	219	118	219
119	268	159	229	125	229
125	280	167	240	133	240

FOURSTROKE AMP LT LTD		FOURSTROKE AMP LT ONE		FOURSTROKE AMP LT TWO		FOURSTROKE AMP LT THREE	
Fox Float 34 SC Factory	Fox Float DPS Factory	RockShox SID SL Select+	RockShox SIDLUXE Select+	RockShox SID SL Select+	RockShox SIDLUXE Select+	RockShox SID 3P	RockShox SIDLUXE Select+
15-20% - 21mm	27.5% - 11mm		27.5% - 11mm		27.5% - 11mm		27.5% - 11mm
	190x40		190x40		190x40		190x40
120	120	120	120	120	120	120	120
FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK
PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI
63	146	73	132	73	132	54	132
69	160	82	143	82	143	61	143
75	174	91	155	91	155	69	155
81	188	99	166	99	166	76	166
88	202	108	177	108	177	83	177
94	216	117	189	117	189	91	189
100	230	125	200	125	200	98	200
107	244	134	212	134	212	106	212
112	258	143	223	143	223	113	223
119	272	151	235	151	235	120	235
125	286	160	246	160	246	128	246
131	300	169	258	169	258	135	258
138	315	177	269	177	269	143	269

Setup Procedure

Follow the steps below to correctly set up your suspension:

Set your saddle height.

Saddle height has a direct influence on suspension setup and rider balance.

Reset all damping adjustments.

Set both compression and rebound damping adjusters to zero (fully open position).

Adjust the front fork air spring.

Inflate the fork according to the fully equipped rider weight, following the reference values in the setup table.

Adjust the rear shock air spring.

Inflate the rear shock according to the fully equipped rider weight, following the reference values in the setup table.

Fine-tune damping adjustments.

Set rebound and compression damping according to the shock manufacturer’s recommendations.

