

# Suspension Setup Guide

Siryon / Cyon / Hydra

**FORESTAL**



In this manual, we will cover the following steps to adjusting SAG on your suspension fork and rear shock.

<b>Step 1 : Open the hydraulic damper</b>	<b>3</b>
<b>Step 2 : Set air pressure</b>	<b>4</b>
<b>Step 3 : SAG point</b>	<b>5</b>
<b>Step 4 : O-ring position</b>	<b>6</b>
<b>Step 5 - SAG values and measurements</b>	<b>7</b>
<b>Forestal SAG chart</b>	<b>8</b>

# Adjusting SAG on your suspension fork and rear shock.

SAG is how much the suspension compresses under the weight of the rider. As a starting point, we recommend that you set the suspension fork at 20% and the rear shock at 25% of SAG. SAG is directly affected by the rider's weight and can be adjusted either by adding or removing air from your fork/shock (air suspension) or by increasing or decreasing spring rate (coil spring suspension).

**IMPORTANT:** When setting SAG ensure you are wearing your riding clothes including helmet and shoes. If you ride with a bag, water bottle or tools, you should also include these when setting SAG.

## Step 1 : Open the hydraulic damper

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Before you set the SAG ensure that your compression and rebound damper circuits are set to the fully open position. Rotate the adjusters counter-clockwise until they stop.



Fork compression adjustment



Fork rebound adjustment



Shock rebound adjustment



Shock compression adjustment

## Step 2 : Set air pressure

Your suspension fork may have air pressure guides printed on the side, otherwise check the user manual or visit the manufacturer's website for pressure settings. Set the air pressure to your weight based on the guides using a suitable shock pump.



**Adjust the air pressure in the shock**



**Adjust the air pressure in the fork**



**Cycle fork through the travel**



**Cycle shock through the travel**



Your air suspension has a positive and negative air chamber, these chambers need to be equalised to ensure your suspension works correctly. To equalise the pressure compress the suspension through the first 1/2 of its travel around 10 – 15 times.



Take care of the sequence for adding air to Öhlins forks with positive and negative air chambers. Check the Öhlins website or user guide for more information.

### Step 3 : SAG point

With the suspension set to the recommended air pressures, detach the pump, get on your bike and assume a normal riding position. Compress the suspension a few times and allow it to settle, then set the rubber O-ring on the stanchion/shock against the rubber dust seal.



**Riding position on the bike**

**Compress suspension a few times  
while in the riding position**



**Set O-ring on the fork**



**Set O-ring on the shock**



While possible to do this by yourself, it is recommended that you ask someone for help to aid with balance and adjusting the O-ring.



It is very important to set the air pressure based on rider weight with riding clothing. Wear your riding shoes, helmet etc when setting suspension for more accuracy. If you ride with a backpack, and with a water bladder, ensure you also wear these.



## Step 4 : O-ring position

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Gently get off the bike taking care not to compress the suspension deeper into its travel and upsetting the position of the O-ring. The O-ring will indicate how much SAG your suspension is currently set at.



**O-ring on fork**



**O-ring on shock**



To make sure that you won't compress the suspension deeper into its travel, your helper can hold the bike while you are getting off.



## Step 5 - SAG values and measurement

The O-ring will indicate how much SAG your suspension is currently set at. Some suspension brands have SAG indicators printed on the stanchions, otherwise use a ruler or vernier caliper to measure the SAG. If you have less SAG than recommended, decreasing air pressure will increase SAG. If you have too much SAG, increase air pressure. Repeat steps 3-4 until you reach your target SAG. If your shock or fork uses coil suspension, decrease or increase spring preload to achieve correct SAG.



**Measure the SAG point**



**Release air to increase SAG**



**Add air to reduce SAG**



**Coil shock preload adjustment**



Regulate the air pressure of the suspension only with a suspension pump. For coil fork/shock, correct SAG can be achieved only by using the correct spring rate for your weight/riding style and it may need replacing.



Never exceed pressure limits (max/min) set by the manufacturer. By doing so you are risking irreversible damage to your bicycle suspension

## Forestal SAG chart

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For more information, in-depth explanations of specific damper systems, and fine-tuning of the suspension, please refer to the suspension manufacturer's websites.

Rock Shox – <https://trailhead.rockshox.com/en/>

Öhlins – <https://www.ohlins.com/performance-suspension-guide/>

Recommended SAG values for Forestal bikes :

	Fork	Shock
Hydra	25% = 45 mm (180 mm Fork travel)	27% = 17.55 mm (65 mm shock stroke)
Siryon	20% = 34 mm (170 mm Fork travel)	25% = 16.25 mm (65 mm shock stroke)
Cyon	20% = 30 mm (150 mm Fork travel)	25% = 15.00 mm (60 mm shock stroke)
Cygnus	20% = 26 mm (130 mm Fork travel)	25% = 12.50 mm (50 mm shock stroke)

If you have any questions, please do not hesitate in  
contacting us.

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