

# Rear shock tables

## Uproc7 4.10

### Rear shock

RockShox Deluxe Select+ RL 205x65 – 325psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (10) from closed
50	75	9
55	85	8
60	95	8
65	105	7
70	120	7
75	130	6
80	140	6
85	150	5-6
90	160	5
95	170	5
100	180	4
105	190	4
110	200	3-4

## Uproc7 4.10

### Suspension fork

SR Suntour Aion35 EVO 160mm – 120psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (25) from closed
50	70	20
55	75	19
60	80	19
65	85	18
70	90	18
75	95	17
80	100	17
85	105	16
90	110	15
95	115	14
100	115	13
105	120	12
110	120	11

## Uproc7 6.30

### Rear shock

RockShox Deluxe Select+ RL 205x65 – 325psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (10) from closed
50	75	9
55	85	8
60	95	8
65	105	7
70	120	7
75	130	6
80	140	6
85	150	5-6
90	160	5
95	170	5
100	180	4
105	190	4
110	200	3-4

## Uproc7 6.30

### Suspension fork

RockShox Yari RC 160mm – 163psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (20) from closed
50	65	15
55	70	14
60	75	14
65	80	13
70	85	13
75	90	12
80	95	11
85	100	10
90	105	9
95	110	8
100	115	7
105	120	6
110	125	5

## Uproc7 8.70

### Rear shock

RockShox Super Deluxe Select+ RT 205x65 – 325psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (10) from closed
50	80	9
55	90	8
60	100	8
65	110	7
70	120	7
75	130	6
80	140	6
85	150	5-6
90	160	5
95	170	5
100	180	4
105	190	4
110	200	3-4

## Uproc7 8.70

### Suspension fork

RockShox Lyrik Select+ RC 160mm – 163psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (20) from closed
50	65	9
55	70	9
60	75	8
65	80	8
70	85	7
75	90	7
80	95	6
85	100	6
90	105	5
95	110	4
100	115	3
105	120	3
110	125	2

**Uproc6 6.50****Rear shock**

RockShox Deluxe Select R 205x65 - 325psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (10) from closed
50	105	9
55	120	8
60	135	8
65	145	8
70	160	7
75	170	7
80	185	6
85	195	5
90	210	4
95	220	4
100	235	3
105	245	3
110	260	2

**Uproc6 6.50****Suspension fork**

RockShox ZEB R 170mm - 140psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (24) from closed
50	40	13
55	45	12
60	50	11
65	55	10
70	60	10
75	70	9
80	75	8
85	80	8
90	85	7
95	90	6
100	95	5
105	100	4
110	105	3

**Uproc6 8.70****Rear shock**

Fox Performance Float DPX2 205x65 - 350psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (15) from closed
50	120	13
55	140	13
60	155	12
65	170	12
70	190	11
75	205	10
80	225	9
85	240	8
90	255	7
95	275	6
100	290	5
105	305	4
110	325	3

**Uproc6 8.70****Suspension fork**

Fox 38 Performance GRIP eMTB+ 170mm - 140psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (24) from closed
50	55	13
55	60	13
60	70	12
65	75	12
70	80	11
75	90	9
80	95	8
85	105	6
90	110	4
95	120	2
100	125	2
105	135	1
110	140	1

**Uproc6 9.50****Rear shock**

Fox Factory Float DPX2 205x65 - 350psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (15) from closed
50	120	13
55	135	13
60	155	12
65	170	12
70	185	11
75	205	10
80	220	9
85	235	8
90	255	7
95	270	6
100	285	5
105	305	4
110	320	3

**Uproc6 9.50****Suspension fork**

Fox 38 Factory GRIP2 eMTB+ 170mm - 140psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (15) from closed
50	55	10
55	60	10
60	70	9
65	75	8
70	85	8
75	90	7
80	100	6
85	105	5
90	110	4
95	120	3
100	125	3
105	135	2
110	140	1

**Uproc4 4.10****Rear shock**

RockShox Deluxe Select R 205x60 - 325psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (10) from closed
50	95	8
55	105	8
60	115	7
65	130	7
70	140	7
75	150	6
80	165	6
85	175	5
90	190	5
95	200	4
100	210	4
105	225	3
110	235	2

**Uproc4 4.10****Suspension fork**

SR Suntour Aion35 EVO 140mm - 150psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (25) from closed
50	60	15
55	65	14
60	70	13
65	75	13
70	80	12
75	85	12
80	90	11
85	95	10
90	100	9
95	105	8
100	110	7
105	115	6
110	120	5

# Rear shock tables

## Uproc4 6.30

### Rear shock

RockShox Deluxe Select+ RL 205x60 – 325psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (10) from closed
50	85	9
55	95	9
60	110	8
65	120	8
70	130	8
75	140	7
80	150	6
85	165	6
90	175	5
95	185	5
100	195	4
105	205	4
110	220	3

## Uproc4 6.30

### Suspension fork

RockShox 35 Gold RL 140mm - 163psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (14) from closed
50	70	13
55	75	12
60	80	11
65	85	10
70	90	9
75	95	9
80	100	8
85	105	8
90	110	7
95	115	7
100	120	6
105	125	5
110	130	4

## Uproc4 8.70

### Rear shock

Fox Performance Float DPS EVOL 205x60 – 350psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (12) from closed
50	115	11
55	120	10
60	130	10
65	140	9
70	145	9
75	155	9
80	160	8
85	170	8
90	180	7
95	185	7
100	195	6
105	205	6
110	210	5

## Uproc4 8.70

### Suspension fork

Fox 34 Performance Float E-Bike 140mm - 126psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (14) from closed
50	65	12
55	70	12
60	75	11
65	80	10
70	85	9
75	90	8
80	95	7
85	100	6
90	105	5
95	110	4
100	115	3
105	120	2
110	125	1

## Uproc3 4.10

### Rear shock

RockShox Deluxe Select R 185x55 – 325psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (10) from closed
50	100	8
55	110	8
60	125	7
65	135	7
70	145	7
75	160	6
80	170	6
85	180	5
90	195	5
95	205	4
100	220	4
105	230	3
110	240	2

## Uproc3 4.10

### Suspension fork

SR Suntour Aion35 EVO 140mm - 150psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (25) from closed
50	60	15
55	65	14
60	70	13
65	75	13
70	80	12
75	85	12
80	90	11
85	95	10
90	100	9
95	105	8
100	110	7
105	115	6
110	120	5

**Uproc3 6.30****Rear shock**

RockShox Deluxe Select+ RT 185x55 – 325psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (10) from closed
50	90	8
55	100	7
60	110	7
65	125	6
70	135	6
75	145	5
80	160	5
85	170	4
90	180	4
95	195	4
100	205	3
105	215	3
110	230	2

**Uproc3 6.30****Suspension fork**

RockShox 35 Gold RL 140mm – 163psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (14) from closed
50	70	13
55	75	12
60	80	11
65	85	10
70	90	9
75	95	9
80	100	8
85	105	8
90	110	7
95	115	7
100	120	6
105	125	5
110	130	4

**Uproc3 8.70****Rear shock**

Fox Performance Float DPS EVOL 185x55 – 350psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (12) from closed
50	105	9
55	115	8
60	130	8
65	145	7
70	155	7
75	170	6
80	185	6
85	195	5
90	210	4
95	225	4
100	235	3
105	250	3
110	265	2

**Uproc3 8.70****Suspension fork**

Fox 34 Performance Float E-Bike 140mm – 126psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (14) from closed
50	65	12
55	70	12
60	75	11
65	80	10
70	85	9
75	90	8
80	95	7
85	100	6
90	105	5
95	110	4
100	115	3
105	120	2
110	125	1

**Uproc2 4.30****Suspension fork**

SR Suntour Raidon34 Boost 120 mm – 145psi max

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (5) from closed
50	55	4
55	60	3-4
60	65	3
65	70	3
70	75	2-3
75	80	2-3
80	85	2
85	90	2
90	95	1-2
95	100	1-2
100	105	1
105	110	1
110	115	0-1

**Uproc1 4.30****Suspension fork**

SR Suntour XCR34 Boost 120mm – 160psi max

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (5) from closed
50	60	4
55	65	3-4
60	70	3
65	75	3
70	80	2-3
75	85	2-3
80	90	2
85	95	2
90	100	1-2
95	105	1-2
100	110	1
105	115	1
110	120	0-1

# Rear shock tables

## Goroc4 4.10

### Rear shock

RockShox Deluxe Select R 205x60 – 325psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (10) from closed
50	95	8
55	105	8
60	115	7
65	130	7
70	140	7
75	150	6
80	165	6
85	175	5
90	190	5
95	200	4
100	210	4
105	225	3
110	235	2

## Goroc4 4.10

### Suspension fork

SR Suntour Aion35 EVO 140mm – 150psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (23) from closed
50	55	15
55	65	14
60	70	13
65	75	13
70	80	12
75	85	12
80	90	11
85	95	10
90	100	9
95	105	8
100	110	7
105	115	6
110	120	5

## Goroc4 6.50

### Rear shock

RockShox Deluxe Select+ RL 205x60 – 325psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (10) from closed
50	85	9
55	95	9
60	110	8
65	120	8
70	130	8
75	140	7
80	150	6
85	165	6
90	175	5
95	185	5
100	195	4
105	205	4
110	220	3

## Goroc4 6.50

### Suspension fork

SR Suntour Aion35 EVO 140mm – 150psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (23) from closed
50	55	15
55	65	14
60	70	13
65	75	13
70	80	12
75	85	12
80	90	11
85	95	10
90	100	9
95	105	8
100	110	7
105	115	6
110	120	5

## Goroc4 6.50 HS

### Rear shock

RockShox Deluxe Select+ RL 205x60 – 325psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (10) from closed
50	85	9
55	95	9
60	110	8
65	120	8
70	130	8
75	140	7
80	150	6
85	165	6
90	175	5
95	185	5
100	195	4
105	205	4
110	220	3

## Goroc4 6.50 HS

### Suspension fork

SR Suntour Aion35 EVO 140mm – 150psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (23) from closed
50	55	15
55	65	14
60	70	13
65	75	13
70	80	12
75	85	12
80	90	11
85	95	10
90	100	9
95	105	8
100	110	7
105	115	6
110	120	5

**Goroc3 4.10****Rear shock**

RockShox Deluxe Select R 185x55 – 325psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (10) from closed
50	100	8
55	110	8
60	125	7
65	135	7
70	145	7
75	160	6
80	170	6
85	180	5
90	195	5
95	205	4
100	220	4
105	230	3
110	240	2

**Goroc3 4.10****Suspension fork**

SR Suntour Aion35 EVO 140mm - 150psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (25) from closed
50	60	15
55	65	14
60	70	13
65	75	13
70	80	12
75	85	12
80	90	11
85	95	10
90	100	9
95	105	8
100	110	7
105	115	6
110	120	5

**Goroc3 6.50****Rear shock**

RockShox Deluxe Select+ RT 185x55 – 325psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (10) from closed
50	90	8
55	100	7
60	110	7
65	125	6
70	135	6
75	145	5
80	160	5
85	170	4
90	180	4
95	195	4
100	205	3
105	215	3
110	230	2

**Goroc3 6.50****Suspension fork**

SR Suntour Aion35 EVO 140mm - 150psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (25) from closed
50	60	15
55	65	14
60	70	13
65	75	13
70	80	12
75	85	12
80	90	11
85	95	10
90	100	9
95	105	8
100	110	7
105	115	6
110	120	5

**Goroc3 6.50 HS****Rear shock**

RockShox Deluxe Select+ RT 185x55 – 325psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (10) from closed
50	90	8
55	100	7
60	110	7
65	125	6
70	135	6
75	145	5
80	160	5
85	170	4
90	180	4
95	195	4
100	205	3
105	215	3
110	230	2

**Goroc3 6.50 HS****Suspension fork**

SR Suntour Aion35 EVO 140mm - 150psiMax

Rider's weight kg	Rear shock pressure psi	Rebound Clicks (25) from closed
50	60	15
55	65	14
60	70	13
65	75	13
70	80	12
75	85	12
80	90	11
85	95	10
90	100	9
95	105	8
100	110	7
105	115	6
110	120	5