

The “I only have a five minute attention span”, guide to 2Stage Shock Setup.

You will only need a Shock Pump so let’s get started on the First Stage Shock (Top Shock).

Turn the (Volume Adjust) dial on the Piggyback of the Elite9 First Stage Shock to position 1



Remove the Red SPV Valve Cap



Pressurise the SPV chamber to 115psi.



Turn the (Blue) Rebound Knob fully clockwise then back out 12 clicks (2 Full turns).



Measure sag, by sitting on the bike in your riding position (leaning against a wall may help), reach down and push the shocks O-ring all the way against the dust wiper, now gently dismount the bike and check the position of the o-ring.



Remove the Black Valve Cap and pressurise the air spring to a pressure that will achieve 50% sag when sat on the bike.



Let's move to the Second Stage Shock (Bottom Shock).

Pressurise the shock to 230psi. (Periodically check during riding that the largest obstacle you have encountered hasn't pushed the 0-ring all the way to the end of the shaft. You want to have 5mm of shaft travel in reserve.



Turn the (Blue) Rebound Knob fully clockwise, then back out 5 clicks (not quite one full turn).



[Now let's go riding!](#)