

## RECOMMENDED PRESSURES

See Table 1. These pressures will give best performance for a "typical" rider on a "typical" MX track. Start here, then experiment to suit track conditions and your particular riding style. Most riders will find that the best pressure for them will be very close to the recommended pressure . . . not more than 10 or 15 psi higher or lower.

Table 1. Fox Mono Airshock Pressure Recommendations (psi)  
For Yamaha YZ D and E Models

RIDER WEIGHT*	ENGINE DISPLACEMENT		
	125cc	250cc	400cc
120 lbs	152 psi	160 psi	166 psi
130 lbs	158	166	172
140 lbs	164	172	178
150 lbs	170	178	184
160 lbs	176	184	190
170 lbs	182	190	196
180 lbs	188	196	202
190 lbs	194	202	208
200 lbs	200	208	214
210 lbs	206	214	220
220 lbs	212	220	226

\* Add approximately 15 lbs for weight of riding equipment.

### IF TABLE 1 DOESN'T COVER YOU . . .

Table 1 covers rider weights from 120 to 220 lbs., giving pressure recommendations for the YZ motocross models. If you or your bike don't fit the chart, calculate a recommended pressure as follows:

- Step 1: Multiply your bike weight by 0.40 (40%).
- Step 2: Multiply your Rider Weight by 0.60 (60%).
- Step 3: Add the numbers from Steps 1 and 2. This number is your recommended pressure.

Example: Your bike is an IT400, and weighs 260 lbs. You weigh 240 lbs. Since Table 1 doesn't cover this, compute as follows:

- Step 1: 260 times 0.40 = 104
- Step 2: 240 times 0.60 = 144
- Step 3: 104 plus 144 = 248

Your recommended pressure is 248 psi.