



// Standard Adjustments Super Competition Shock:

Advised start settings shock absorber*

Brand	Model	Low speed adjuster	High speed adjuster	Rebound adjuster	Preload
KTM	1290 Super Duke	10	10	10	12mm
	RC8	18	22	14	12mm
BMW	S1000 RR 2015	18	24	14	14mm
	S1000 RR 2012	14	22	14	12mm
	S1000 RR 2011	18	22	14	12mm
Yamaha	R6	18	22	14	12mm
	R1 2015	12	14	14	11mm
	R1 2012	18	22	14	12mm
Kawasaki	ZX-10R 2016	12	14	14	11mm
	ZX-10R 2012	18	22	14	12mm
	ZX-6R	18	22	14	12mm
Suzuki	R 1000	18	22	14	12mm
	R 750	18	22	14	12mm
	R 600	18	22	14	12mm
Honda	1000 RR 2012	18	22	14	12mm
	1000 RR 2011	18	22	14	12mm
	600 RR 2012	18	22	14	12mm
Triumph	Daytona 675	18	22	14	12mm
Ducati	Panigale	18	24	14	12mm

* Settings depended on riding style, rider, bike model and riders weight. These settings are meant to be a base setup which suites most riders.