

## SET UP INSTRUCTIONS

- 1.) Determine rider weight
- 2.) Apply initial pressure and settings
- 3.) Mount bike and then settle into riding position
- 4.) Move O-ring up to shock dust seal
- 5.) Dismount
- 6.) Measure distance from O-ring to dust seal
- 7.) Adjust pressure until measurement matches suggested sag
- 8.) Test ride and adjust according to feedback

## REMEDY 7

		Lyrik Solo Air Fork				Fox RP2 Shock		
Travel (mm)		160				150		
Stroke (mm)		160				57		
Sag (%)		20				30-35		
Sag (mm)		32-34				17-20		
Rider (lbs/kg)	Spring (psi)	Low Speed Compression	High Speed Compression	Rebound	Spring (psi)	Rebound	Platform Lever	
100/45	33	14 clicks out from slow	11 clicks out from slow	11 clicks out from slow	120	7 clicks out from slow	ON for platform, OFF for more active	
110/50	35				125			
120/55	38				130			
130/59	40				132			
140/63	45				135			
150/68	50	12 clicks out from slow	10 clicks out from slow	10 clicks out from slow	140	6 clicks out from slow		
160/73	55			150				
170/77	60			155				
180/82	65			160				
190/86	70			165				
200/90	75			9 clicks out from slow	170			
210/95	80	10 clicks out from slow	9 clicks out from slow	8 clicks out from slow	175	5 clicks out from slow		
220/100	85				180			
230/104	90				190			
240/109	95				195			
250/113	100				200			
Notes	* Sag measurements must be made with ProPedal lever in OPEN position							

## REMEDY 8

		Lyrik 2-Step Air Fork				Fox RP23 Shock		
Travel (mm)		160				150		
Stroke (mm)		160				57		
Sag (%)		20				30-35		
Sag (mm)		32-34				17-20		
Rider (lbs/kg)	Spring (psi)	Low Speed Compression	High Speed Compression	Rebound	Spring (psi)	Rebound	Platform Number Setting	
100/45	60	14 clicks out from slow	11 clicks out from slow	11 clicks out from slow	120	7 clicks out from slow	Start in #1 Position. Adjust per desired efficiency (2 for more platform, OFF for more active)	
110/50	65				125			
120/55	70				130			
130/59	75				132			
140/63	80				135			
150/68	85	12 clicks out from slow	10 clicks out from slow	10 clicks out from slow	140	6 clicks out from slow		
160/73	90			150				
170/77	95			155				
180/82	100			160				
190/86	105			165				
200/90	110			9 clicks out from slow	170			
210/95	115	10 clicks out from slow	9 clicks out from slow	8 clicks out from slow	175	5 clicks out from slow		
220/100	120				180			
230/104	125				190			
240/109	130				195			
250/113	135				200			
Notes	* Sag measurements must be made with ProPedal lever in OPEN position							



	Fox Float FC2 Fork						Fox RP23 Shock				
Travel (mm)	160						150				
Stroke (mm)	160						57				
Sag (%)	20						30-35				
Sag (mm)	32-34						17-20				
Rider (lbs/kg)	Spring (psi)	Low Speed Compression	High Speed Compression	Rebound	Spring (psi)	Rebound	Platform Number Setting				
100/45	42	8 clicks out from slow	12 clicks out from slow	13 clicks out from slow	120	7 clicks out from slow	Start in #1				
110/50	43	8 clicks out from slow	12 clicks out from slow	13 clicks out from slow	125	7 clicks out from slow	Position. Adjust per desired efficiency (2 for more platform, OFF for more active)				
120/55	45	8 clicks out from slow	12 clicks out from slow	13 clicks out from slow	130	7 clicks out from slow					
130/59	48	8 clicks out from slow	12 clicks out from slow	13 clicks out from slow	132	7 clicks out from slow					
140/63	50	8 clicks out from slow	12 clicks out from slow	13 clicks out from slow	135	7 clicks out from slow					
150/68	55	7 clicks out from slow	10 clicks out from slow	12 clicks out from slow	140	6 clicks out from slow					
160/73	60	7 clicks out from slow	10 clicks out from slow	12 clicks out from slow	150	6 clicks out from slow					
170/77	65	7 clicks out from slow	10 clicks out from slow	12 clicks out from slow	155	6 clicks out from slow					
180/82	70	7 clicks out from slow	10 clicks out from slow	12 clicks out from slow	160	6 clicks out from slow					
190/86	73	7 clicks out from slow	10 clicks out from slow	12 clicks out from slow	165	6 clicks out from slow					
200/90	76	7 clicks out from slow	10 clicks out from slow	12 clicks out from slow	170	6 clicks out from slow					
210/95	80	6 clicks out from slow	8 clicks out from slow	9 clicks out from slow	175	5 clicks out from slow					
220/100	83	6 clicks out from slow	8 clicks out from slow	9 clicks out from slow	180	5 clicks out from slow					
230/104	90	6 clicks out from slow	8 clicks out from slow	9 clicks out from slow	190	5 clicks out from slow					
240/109	90	6 clicks out from slow	8 clicks out from slow	9 clicks out from slow	195	5 clicks out from slow					
250/113	90	6 clicks out from slow	8 clicks out from slow	9 clicks out from slow	200	5 clicks out from slow					

REMEDY 9

# REMEDY

## The Best of Both Worlds

The Trek Remedy marks a significant moment in mountain biking — when both worlds (climbing and descending) can be fully appreciated with a single platform.

How did we do it? That's no concern right now... Because all you really want to do is ride. So grab your shock pump and follow the enclosed guidelines. Then fine tune your way to All-Mountain riding bliss.

