2000 M-1 SL Team Issue

Size	Standover	Top Tube	Spring Rate	Wheelbase	Chainstay	Head Angle
16”	28.5”	22”	550-800 Lb.	43.25-44.0”	16.75-17.25”	65-69 Degrees
18”	29.0”	23”	550-800 Lb.	44.25-45.0”	16.75-17.25”	65-69 Degrees
20”	29.5”	24”	550-800 Lb.	45.25-46.0”	16.75-17.25”	65-69 Degrees

All sizes – BB Height = 13.5-15.5” Travel = 8” Head Tube = 5” Shock = FOX Vanilla RC

SHOCK SET UP:
Please see the FOX SHOX manual supplied with your frame.
Caution: You will damage your bike and your shock if you underspring your shock or run your air pressure too low. If you bottom out the shock on a consistent basis you are undersprung and will damage the shock and the frame.
ADJUSTMENTS:
1. HEAD ANGLE & BOTTOM BRACKET HEIGHT:
Your frame is shipped with the shock pin of the link plate set in the center hole. This setting is the most often used and all critical angles of the frame dimensions are reflected in this setup. Moving the linkage shaft to the bottom hole will drop the bottom bracket height approx. 1” and slacken the head angle approx. two (2) degrees. This will slow down the steering and effect high speed handling. Moving the shock pin to the top hole will raise the bottom bracket height approx. 1” and steepen the head angle two (2) degrees, speeding up the steering. (see photo at right top)
Important: Be sure to use blue lock-tight when tightening your bolts after adjustment.
2. SWING LINK @ FRAME MOUNT ADJUSTMENTS: Your frame is shipped with the swing link in the rear hole. This location provides the most linear rate of suspension. To create more progressive suspension, move the swing link to the forward hole. (See photo at right middle.)
Important: Be sure to use blue lock-tight when tightening your bolts after adjustment.
3. WHEEL BASE ADJUSTMENTS:
Chain stay length is adjustable from 16.75 to 17.25 by changing the FSR link position. Your frame is shipped in the 17.25 position. To shorten wheelbase, use a 6mm allen wrench and move the strut pivot bolt to forward hole. For fast non-technical riding a longer wheelbase is best. For more technical, slower riding use a shorter wheelbase. (See photo at right bottom.)
5. DISC BRAKE COMPATIBILITY:
The M-1 is compatible with either HOPE, MAGURA, or HAYES (with adapter).

**new lower leverage ratio design requires lighter spring rates than previous models





