



**TITLE: Nukeproof / EXT dampers base setup suggestion**

All click configurations are referred to fully close position (fully clockwise).

**Rebound :** clockwise = slower, anticlockwise = faster

**High speed comp. :** clockwise = hard more control on big impact, anticlockwise = soft more comfort

**Low speed comp.:** clockwise = hard more control on the bike handling, anticlockwise = soft more comfort

**Spring preload:** 1mm x turn, max 2mm of preload. Refer to the user manual for the correct procedure.

For more info see the user manual at: [www.extremeshox.com/product/ext-storia-v3-s-oem-dedicated-damper](http://www.extremeshox.com/product/ext-storia-v3-s-oem-dedicated-damper)

<b>GIGA 297</b>					Rear travel: <b>180mm</b>					
Rider weight [kg]:	55	60	65	70	75	80	85	90	95	100
Spring model:	C65 275	C65 300	C65 325	C65 350	C65 375	C65 425	C65 450	C65 475	C65 500	C65 550
Rebound setting [R]:	11	11	10	9	8	7	6	5	4	3
High speed comp. setting [BH]:	10	10	10	8	8	7	6	6	4	4
Low speed comp. setting [BL]:	7	7	7	7	7	7	7	7	7	7

<b>GIGA 290</b>					Rear travel: <b>170mm</b>					
Rider weight [kg]:	55	60	65	70	75	80	85	90	95	100
Spring model:	C65 325	C65 350	C65 375	C65 400	C65 425	C65 450	C65 475	C65 500	C65 550	C65 600
Rebound setting [R]:	11	11	10	9	8	7	6	5	4	3
High speed comp. setting [BH]:	10	10	10	8	8	7	6	6	4	4
Low speed comp. setting [BL]:	7	7	7	7	7	7	7	7	7	7

<b>MEGA 297</b>					Rear travel: <b>165mm</b>					
Rider weight [kg]:	55	60	65	70	75	80	85	90	95	100
Spring model:	C65 275	C65 300	C65 325	C65 350	C65 375	C65 400	C65 425	C65 450	C65 475	C65 500
Rebound setting [R]:	11	11	10	9	8	7	6	5	4	3
High speed comp. setting [BH]:	10	10	10	8	8	7	6	6	4	4
Low speed comp. setting [BL]:	7	7	7	7	7	7	7	7	7	7

<b>MEGA 290</b>					Rear travel: <b>160mm</b>					
Rider weight [kg]:	55	60	65	70	75	80	85	90	95	100
Spring model:	C65 275	C65 300	C65 325	C65 350	C65 375	C65 400	C65 425	C65 450	C65 475	C65 500
Rebound setting [R]:	11	11	10	9	8	7	6	5	4	3
High speed comp. setting [BH]:	10	10	10	8	8	7	6	6	4	4
Low speed comp. setting [BL]:	7	7	7	7	7	7	7	7	7	7

*The spring-rate is calculated on 30% shock SAG, setup could vary between riders and preferences.*