



RIDER WEIGHT Kgs	55Kgs	60kgs	65Kgs	70Kgs	75Kgs	80Kgs	85Kgs	90Kgs	95Kgs	100Kgs	105Kgs
Nukeproof Mega 290	350 lbs	375 lbs	400 lbs	425 lbs	450 lbs	500 lbs	525 lbs	550 lbs	575 lbs	600 lbs	625 lbs
Base setup suggestion											
Low speed rebound	-20	-20	-18	-18	-16	-16	-16	-16	-14	-12	-12
Low speed compression	-14	-14	-14	-14	-14	-14	-14	-14	-14	-14	-14
Mid speed compression	-14	-14	-14	-14	-14	-14	-14	-14	-14	-14	-14

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Base setup suggestion											
Low speed rebound	-20	-20	-18	-18	-16	-16	-16	-16	-14	-12	-12
Low speed compression	-14	-14	-14	-14	-14	-14	-14	-14	-14	-14	-14
Mid speed compression	-14	-14	-14	-14	-14	-14	-14	-14	-14	-14	-14

The spring rate calculation is based on 28% shock SAG, setup could vary between riders and preferences