

SHOKPOST SERVICE GUIDE

VYBE, XCR, RX & SX

Regular cleaning, servicing and lubrication will ensure years of quality performance.

We recommend that you clean the outside of your Vybe after every ride and inspect your Vybe every 20 hours of riding. Service kits and replacement parts are available at your local USE dealer or our website www.ultimatesportsengineering.com. We use and recommend Weldtite TF2 Bike Grease with Teflon.

Worn Bushings will lead to front / rear play - Must be replaced / will harm structure of post.
Worn keys will lead to rotational play - Small amount of play is acceptable / will not harm post.

- Use 6mm Allen Key to unscrew pre-load Plug.
- Remove CCS / MCU stack, taking note of the order in which they sit.
- Lift up Gaiter on Inner Rod, if applicable.
- Unscrew the Top Cap and slide it up the Inner Rod.
- Pull Inner Rod out of Outer Tube.
- Taking note of sequence - remove all parts (ease Keys out with pliers).
- Clean and check parts for wear, exchange for new parts if necessary.
- Return all parts back onto Inner Rod in the correct sequence (gently tap Keys in with hammer with circles facing out).
- Lightly grease Keys, Bushings and inside of Outer Tube.
- Screw Top Cap back onto Outer Tube, and replace gaiter if applicable.
- Grease CCS / MCU stack and insert into outer (In correct order) - screw in Pre-Load Plug.

We recommend use of WELDTITE TF2 Bike Grease or other bicycle front suspension lubes. Automotive grease, grease intended for bottom brackets or grease containing Lithium should not be used.

TUNING

Three spring rates are available to suit all rider weights and styles. The Pre-Load adjuster at the bottom of the post offers fine spring rate tuning. Screw in for a stiffer / quicker action. Unscrew for a softer / slower action.

Spring Colour	Spring Rate	Rider Weight lbs	Rider Weight kgs
Green	Soft	85-120	38-55
Yellow	Medium	120 - 174	55 - 80
Purple	Hard	174 - 225	80 - 100

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