

# Motocross Suspension Setup Tips

Have a look below at our list of motocross suspension setup tips, they'll make life a little easier when you're trying to get your bike's suspension dialled in.

- Bleed your forks regularly, most forks have a small bleed screw in the top cap. Let any excess air out after each ride or moto.
- If you are doing some motocross suspension setup work then you need to know exactly how much of your suspensions travel you are using. You can do this by placing a thin cable tie (or zip tie as they're also known) around your fork leg or shocker shaft. As the suspension travels it will slide the tie down so you can see how far down the suspension is compressing.
- Pull apart and grease your linkages regularly, pressure washing your bike can force grit and water in past the bearing seals. Inspect each linkage bearing for wear.
- Change your fork and shock oil periodically, the oil becomes contaminated and will affect your suspension's performance.
- Your shock and forks should be serviced at least every 6 months, more often if you're doing a lot of riding and racing.
- If you're adjusting the shock preload as part of your motocross suspension setup, give the threads on the body of the shock a spray with CRC or WD40 so the spring adjuster nut and locking ring can move freely.
- Inspect your shocker shaft and fork legs for pitting and scratches. Any light cuts or scratches on your fork legs can be smoothed out with fine grade wet and dry sandpaper or fine grade emery cloth.
- Pull up the rebound rubber/bottoming cone on the shock absorber shaft and clean underneath, dirt and grease can accumulate there.
- Have someone shoot some video footage of you riding so you can study the way your suspension is working.
- While you're doing your set up don't make multiple changes at once otherwise you may make an improvement and be scratching your head wondering which adjustment caused it. Also when adjusting your clickers don't change them by any more than two clicks at a time.

Go through this checklist before you start your motocross suspension setup, your suspension needs to be in good condition before you even worry about tuning it.