

BMW R NineT Rear Shock Setup

Spring Preload

Half Turns	Weight (lbs) with Gear
1	195.9
2	204.8
3	213.7
4	222.6
5	231.5
6	240.4
7	249.3
8	258.2
9	267.1
10	276
11	284.9
12	293.8
13	302.7
14	311.6
15	320.5
16	329.4
17	338.3
18	347.2
19	356.1
20	365
21	373.9

Note: start with knob fully stopped counterclockwise then make half turns clockwise to the closest approximation of weight

Shock Rebound

Half Turns	Weight (lbs) with Gear
1	210.375
2	233.75
3	257.125
4	280.5
5	303.875
6	327.25
7	350.625
8	374

Note: start with screw fully turned clockwise. Set by half turns counterclockwise and then turn an additional 1.5 turns counterclockwise