Trailside Tuning Guide

Control Your Ride!

The **3-4-10** is an excellent starting point for your VIVID experience.

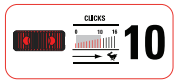
All settings are counted with the adjustment control starting in the full counter-clockwise position.

(Soft, -,)

3-4-10

3 Clicks Low Speed Compression (blue)

4 Clicks Ending Stroke Rebound (silver 2.5 hex)



10 Clicks Beginning Stroke Rebound (red)

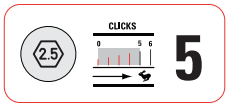
Tuning your VIVID rear shock with Dual Flow Adjust Rebound is quick and easy. It allows you to optimize the performance of your shock over a wide range of trail conditions, giving you more control, more confidence, more speed and more reasons to ride.

VIVID is the first RockShox product to feature Dual Flow Adjust Rebound. Dual Flow Adjust Rebound allows independent external adjustment of beginning stroke rebound and ending stroke rebound, providing a new style of tuning previously not available to the RockShox customer. Your rebound adjustments can now be used to tune small bump return, large bump return, and efficiency.

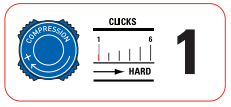
Here's how it works:
Beginning Stroke Rebound – designed to control the speed at which the shock extends to its full travel position after a small compression. Beginning Stroke Rebound can be tuned to control how fast the shock returns after a small input or increase pedaling efficiency.

Ending Stroke Rebound – designed to control the speed at which the shock extends to its full travel position after a large compression. Ending Stroke Rebound can be tuned to allow the suspension to recover quickly from a large bump or reduce "bucking" from a large bump.

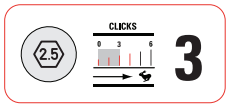
Low Speed Compression – controls shock movement when it is moving down into its travel slowly (ie: low shaft speed). Low speed compression can be tuned to provide maximum sensitivity to small bump input and reduce movement under the rider's shifting weight.



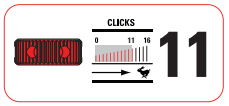
Trail: Launched drop with steep or rough landing
Control: Maximize bump absorption and control



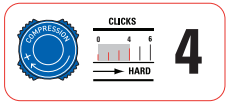
Trail: Loose, flat corners
Control: Maximize rear wheel traction



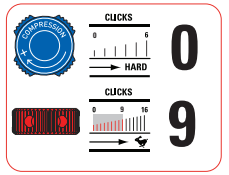
Trail: Launched drop to fast, flat, smooth landing
Control: Quick return to full travel and ready for next obstacle



Trail: Wet, muddy, rooty, rocky
Control: Maximize rear wheel traction



Trail: Fast burmed corners
Control: Keep shock higher in stroke for faster movement from corner to corner



Trail: Fast rocky terrain with sweeping corners
Control: Maximize bump absorption

Now don't forget, you still have other adjustments you can use to help create your best ride performance, and here's how:

DropStop – a system of user changeable bottom out pads. Without disassembling the shock, the user can change the hardness of the bottom out bumper, either increasing or decreasing the amount of force required to get through the last 20% of the shock's travel.

To decrease the force required, change your DropStop pad to the one marked "SOFT". This will make it easier to get through the last 20% of the shock's travel.

To increase the force required, change your DropStop pad to the one marked "HARD" on the bottom of the pad. This will make it harder to get through the last 20% of the shock's travel.

Keep in mind that your VIVID is designed to handle bottom out forces. So go ahead, use all of its travel.

NOTES:

Low Speed Comp.	Beginning Stroke Rebound	Ending Stroke Rebound	Spring Rate	DropStop

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