

Scott Sports Quick Start Model Settings for High Octane FR using 7.5" x 2" 5th Element and 190mm Shock Mount Plates

The following quick start guide lists the default settings in bold text that your bicycle was shipped with. Below the default settings, a general incremental reference illustrates various settings that are focused on maintaining average sag settings for a riders weight. "Ret" means the number of counterclockwise turns that the adjuster is returned from the maximum clockwise setting. The 5th Element shock offers infinite tuning possibilities for hi-performance racing or the fun-ride consumer. After becoming familiar with your new bicycle, refer to the detailed instructions in the owners guide and have fun experimenting for your perfect ride. From the entire staff at Progressive Suspension, we are genuinely proud to offer the mountain bike community the exciting new performance benefits of the 5th Element technology.

Travel Configuration	Rider Weight	Spring	Preload	Shock Sag @ 1G	Air Pressure	Volume Adjust	Beginning Stroke Comp.	End Stroke Comp.	Rebound
	Default	300	5mm	n/a	125	3.0 ret	2.0 ret	2.0 ret	3.0 ret
150mm / 6.0"	50 kg / 110lbs	300	3mm	15mm	75-100	2.0 ret	2.0 ret	2.0 ret	3.0 ret
	55kg / 120lbs	300	5mm	15mm	100-125	3.0 ret	2.0 ret	2.0 ret	2.75 ret
	60kg / 130lbs	300	7mm	15mm	100-135	4.0 ret	2.0 ret	2.0 ret	2.5 ret
	Default	350	5mm	n/a	125	3.0 ret	2.0 ret	2.0 ret	3.0 ret
150mm / 6.0"	65kg / 143lbs	350	3mm	15mm	75-100	2.0 ret	2.0 ret	2.0 ret	2.75 ret
	70kg / 154lbs	350	5mm	15mm	100-125	3.0 ret	2.0 ret	2.0 ret	2.5 ret
	75kg / 165lbs	350	7mm	15mm	100-135	4.0 ret	2.0 ret	2.0 ret	2.25 ret
	Default	400	5mm	n/a	135	3.0 ret	1.75 ret	1.75 ret	2.75 ret
150mm / 6.0"	80kg / 175lbs	400	5mm	15mm	100-125	2.0 ret	1.75 ret	1.75 ret	2.5 ret
	85kg / 187lbs	400	7mm	15mm	100-135	3.0 ret	1.75 ret	1.75 ret	2.25 ret
	90kg / 198lbs	400	7mm	15mm	100-145	4.0 ret	1.75 ret	1.75 ret	2.0 ret
	Default	450	5mm	n/a	135	3.0 ret	1.75 ret	1.75 ret	2.5 ret
150mm / 6.0"	95kg / 210lbs	450	5mm	15mm	100-125	2.0 ret	1.75 ret	1.75 ret	2.5 ret
	100kg/220lbs	450	7mm	15mm	100-135	3.0 ret	1.75 ret	1.75 ret	2.25 ret
	105kg/230lbs	450	7mm	15mm	100-145	4.0 ret	1.75 ret	1.75 ret	2.0 ret
Optional Spring		500							
	Default	350	5mm	n/a	125	3.0 ret	2.0 ret	2.0 ret	2.75 ret
160mm / 6.3"	50 kg / 110lbs	350	3mm	13mm	75-100	2.0 ret	2.0 ret	2.0 ret	3.0 ret
	55kg / 120lbs	350	5mm	15mm	100-125	3.0 ret	2.0 ret	2.0 ret	2.75 ret
	60kg / 130lbs	350	7mm	15mm	100-135	4.0 ret	2.0 ret	2.0 ret	2.5 ret
	Default	400	5mm	n/a	125	3.0 ret	2.0 ret	2.0 ret	2.50 ret
160mm / 6.3"	65kg / 143lbs	400	3mm	15mm	75-100	2.0 ret	2.0 ret	2.0 ret	2.75 ret
	70kg / 154lbs	400	5mm	15mm	100-125	3.0 ret	2.0 ret	2.0 ret	2.50 ret
	75kg / 165lbs	400	7mm	15mm	100-135	4.0 ret	2.0 ret	2.0 ret	2.25 ret
	Default	450	5mm	n/a	135	3.0 ret	2.0 ret	2.0 ret	2.25 ret
160mm / 6.3"	80kg / 175lbs	450	3mm	15mm	100-125	2.0 ret	2.0 ret	2.0 ret	2.5 ret
	85kg / 187lbs	450	5mm	15mm	100-135	3.0 ret	2.0 ret	2.0 ret	2.25 ret
	90kg / 198lbs	450	7mm	15mm	100-145	4.0 ret	2.0 ret	2.0 ret	2.0 ret
	Default	500	5mm	n/a	140	3.0 ret	2.0 ret	2.0 ret	2.0 ret
160mm / 6.3"	95kg / 210lbs	500	3mm	15mm	100-130	2.0 ret	2.0 ret	2.0 ret	2.25 ret
	100kg/220lbs	500	5mm	15mm	100-140	3.0 ret	2.0 ret	2.0 ret	2.25 ret
	105kg/230lbs	500	7mm	13mm	100-150	4.0 ret	2.0 ret	2.0 ret	1.75 ret
Optional Spring		550							
	Default	400	5mm	n/a	125	3.0 ret	2.0 ret	1.75 ret	2.50 ret
180mm / 7.1"	50 kg / 110lbs	400	3mm	15mm	75-100	2.0 ret	2.0 ret	1.75 ret	2.75 ret
	55kg / 120lbs	400	5mm	15mm	100-125	3.0 ret	2.0 ret	1.75 ret	2.50 ret
	60kg / 130lbs	400	7mm	15mm	100-135	4.0 ret	2.0 ret	1.75 ret	2.25 ret
	Default	450	5mm	n/a	130	3.0 ret	2.0 ret	1.75 ret	2.25 ret
180mm / 7.1"	65kg / 143lbs	450	3mm	15mm	100-120	2.0 ret	2.0 ret	1.75 ret	2.50 ret
	70kg / 154lbs	450	5mm	15mm	100-130	3.0 ret	2.0 ret	1.75 ret	2.25 ret
	75kg / 165lbs	450	7mm	15mm	100-140	4.0 ret	2.0 ret	1.75 ret	2.0 ret
	Default	500	5mm	n/a	130	3.0 ret	2.0 ret	1.75 ret	2.0 ret
180mm / 7.1"	80kg / 175lbs	500	3mm	15mm	100-120	2.0 ret	2.0 ret	1.75 ret	2.25 ret
	85kg / 187lbs	500	5mm	15mm	100-130	3.0 ret	2.0 ret	1.75 ret	2.0 ret
	90kg / 198lbs	500	7mm	17mm	100-140	4.0 ret	2.0 ret	1.75 ret	1.75 ret
	Default	550	5mm	n/a	130	3.0 ret	2.0 ret	1.75 ret	1.75 ret
180mm / 7.1"	95kg / 210lbs	550	3mm	15mm	100-120	2.0 ret	2.0 ret	1.75 ret	2.0 ret
	100kg/220lbs	550	5mm	15mm	100-130	3.0 ret	2.0 ret	1.75 ret	1.75 ret
	105kg/230lbs	550	7mm	17mm	100-140	4.0 ret	2.0 ret	1.75 ret	1.50 ret
Optional Spring		600							

Note: Spring rates were updated on 11/22/02. The spring rates on your model may be different than outlined in this reference chart.

Scott Sports Quick Start Model Settings for High Octane DH using 8.75" x 2.75" 5th Element and 222mm Shock Mount Plates

The following quick start guide lists the default settings in bold text that your bicycle was shipped with. Below the default settings, a general incremental reference illustrates various settings that are focused on maintaining average sag settings for a riders weight. "Ret" means the number of counterclockwise turns that the adjuster is returned from the maximum clockwise setting. The 5th Element shock offers infinite tuning possibilities for hi-performance racing or the fun-ride consumer. After becoming familiar with your new bicycle, refer to the detailed instructions in the owners guide and have fun experimenting for your perfect ride. From the entire staff at Progressive Suspension, we are genuinely proud to offer the mountain bike community the exciting new performance benefits of the 5th Element technology.

Travel Configuration	Rider Weight	Spring	Preload	Shock Sag @ 1G	Air Pressure	Volume Adjust	Beginning Stroke Comp.	End Stroke Comp.	Rebound
	Default	350	5mm	n/a	125	3.0 ret	2.0 ret	1.75 ret	2.75 ret
195mm / 7.6"	50 kg / 110lbs	350	3mm	13mm	75-100	2.0 ret	2.0 ret	1.75 ret	3.0 ret
	55kg / 120lbs	350	5mm	13mm	100-125	3.0 ret	2.0 ret	1.75 ret	2.75 ret
	60kg / 130lbs	350	7mm	13mm	100-135	4.0 ret	2.0 ret	1.75 ret	2.5 ret
	Default	400	5mm	n/a	125	3.0 ret	2.0 ret	1.75 ret	2.50 ret
195mm / 7.6"	65kg / 143lbs	400	3mm	13mm	75-100	2.0 ret	2.0 ret	1.75 ret	2.75 ret
	70kg / 154lbs	400	5mm	13mm	100-125	3.0 ret	2.0 ret	1.75 ret	2.50 ret
	75kg / 165lbs	400	7mm	15mm	100-135	4.0 ret	2.0 ret	1.75 ret	2.25 ret
	Default	450	5mm	n/a	125	3.0 ret	2.0 ret	1.75 ret	2.25 ret
195mm / 7.6"	80kg / 175lbs	450	3mm	15mm	75-100	2.0 ret	2.0 ret	1.75 ret	2.5 ret
	85kg / 187lbs	450	5mm	15mm	100-125	3.0 ret	2.0 ret	1.75 ret	2.25 ret
	90kg / 198lbs	450	7mm	15mm	100-135	4.0 ret	2.0 ret	1.75 ret	2.0 ret
	Default	500	5mm	n/a	125	3.0 ret	2.0 ret	1.75 ret	2.0 ret
195mm / 7.6"	95kg / 210lbs	500	3mm	15mm	75-100	2.0 ret	2.0 ret	1.75 ret	2.25 ret
	100kg/220lbs	500	5mm	15mm	100-125	3.0 ret	2.0 ret	1.75 ret	2.0 ret
	105kg/230lbs	500	7mm	15mm	100-135	4.0 ret	2.0 ret	1.75 ret	1.75 ret
Optional Spring		550							
	Default	400	5mm	n/a	125	3.0 ret	2.0 ret	2.0 ret	2.75 ret
210mm / 8.2"	50 kg / 110lbs	400	3mm	15mm	75-100	2.0 ret	2.0 ret	2.0 ret	3.0 ret
	55kg / 120lbs	400	5mm	15mm	100-125	3.0 ret	2.0 ret	2.0 ret	2.75 ret
	60kg / 130lbs	400	7mm	15mm	100-135	4.0 ret	2.0 ret	2.0 ret	2.50 ret
	Default	450	5mm	n/a	125	3.0 ret	2.0 ret	2.0 ret	2.50 ret
210mm / 8.2"	65kg / 143lbs	450	3mm	15mm	75-100	2.0 ret	2.0 ret	2.0 ret	2.75 ret
	70kg / 154lbs	450	5mm	15mm	100-125	3.0 ret	2.0 ret	2.0 ret	2.50 ret
	75kg / 165lbs	450	7mm	15mm	100-135	4.0 ret	2.0 ret	2.0 ret	2.25 ret
	Default	500	5mm	n/a	125	3.0 ret	2.0 ret	2.0 ret	2.25 et
210mm / 8.2"	80kg / 175lbs	500	3mm	15mm	75-100	2.0 ret	2.0 ret	2.0 ret	2.50 ret
	85kg / 187lbs	500	5mm	15mm	100-125	3.0 ret	2.0 ret	2.0 ret	2.25 ret
	90kg / 198lbs	500	7mm	15mm	100-135	4.0 ret	2.0 ret	2.0 ret	2.0 ret
	Default	550	5mm	n/a	125	3.0 ret	2.0 ret	2.0 ret	2.0 ret
210mm / 8.2"	95kg / 210lbs	550	3mm	13mm	75-100	2.0 ret	2.0 ret	2.0 ret	2.25 ret
	100kg/220lbs	550	5mm	15mm	100-125	3.0 ret	2.0 ret	2.0 ret	2.0 ret
	105kg/230lbs	550	7mm	15mm	100-135	4.0 ret	2.0 ret	2.0 ret	1.75 ret
210mm / 8.2"	115kg/250lbs	550							
	Default	400	5mm	n/a	125	3.0 ret	2.0 ret	2.0 ret	2.0 ret
240mm / 9.4"	50 kg / 110lbs	400	3mm	15mm	75-100	2.0 ret	2.0 ret	1.75 ret	2.50 ret
	55kg / 120lbs	400	5mm	15mm	100-120	3.0 ret	2.0 ret	1.75 ret	2.0 ret
	60kg / 130lbs	400	7mm	17mm	100-130	4.0 ret	2.0 ret	1.75 ret	1.75 ret
	Default	450	5mm	n/a	125	3.0 ret	2.0 ret	1.75 ret	1.75 ret
240mm / 9.4"	65kg / 143lbs	450	3mm	15mm	75-100	2.0 ret	2.0 ret	1.75 ret	2.0 ret
	70kg / 154lbs	450	5mm	15mm	100-125	3.0 ret	2.0 ret	1.75 ret	1.75 ret
	75kg / 165lbs	450	7mm	17mm	100-135	4.0 ret	2.0 ret	1.75 ret	1.5 ret
	Default	500	5mm	n/a	135	3.0 ret	2.0 ret	1.75 ret	1.5 ret
240mm / 9.4"	80kg / 175lbs	500	3mm	15mm	100-125	2.0 ret	2.0 ret	1.75 ret	1.75 ret
	85kg / 187lbs	500	5mm	17mm	100-135	3.0 ret	2.0 ret	1.75 ret	1.50 ret
	90kg / 198lbs	500	7mm	17mm	100-145	4.0 ret	2.0 ret	1.75 ret	1.25 ret
	Default	550	5mm	n/a	135	3.0 ret	2.0 ret	1.75 ret	1.25 ret
240mm / 9.4"	95kg / 210lbs	550	3mm	13mm	100-125	2.0 ret	2.0 ret	1.75 ret	1.50 ret
	100kg/220lbs	550	5mm	15mm	100-135	3.0 ret	2.0 ret	1.75 ret	1.25 ret
	105kg/230lbs	550	7mm	17mm	100-145	4.0 ret	2.0 ret	1.75 ret	1.0 ret
Optional Spring		600							

Note: Spring rates were updated on 11/22/02. The spring rates on your model may be different than outlined in this reference chart.