

Model Year	Bike Models	Rider Weight W/Gear (kg)	Rider Weight W/Gear (lb)	Required Spring Rate (* = Stock)	Model Year	Bike Models	Rider Weight W/Gear (kg)	Rider Weight W/Gear (lb)	Required Spring Rate (* = Stock)
2008-18	690 Enduro	55-65 kg	121-143 lb	7.2Kg/mm	2019-20	690 Enduro	55-65 kg	121-143 lb	6.2Kg/mm
2012-17	690 SMC-R	65-75 kg	143-165 lb	7.6Kg/mm	2020	701 Enduro	65-75 kg	143-165 lb	6.8Kg/mm
		75-85 kg	165-187 lb	80N/mm *			75-85 kg	165-187 lb	72N/mm *
		85-95 kg	187-209 lb	8.6Kg/mm			85-95 kg	187-209 lb	7.8Kg/mm
		95-105 kg	209-231 lb	9.2Kg/mm			95-105 kg	209-231 lb	8.4Kg/mm
		105-115 kg	231-254 lb	9.6Kg/mm			105-115 kg	231-254 lb	9.0Kg/mm
		115-125 kg	254-276 lb	10.0Kg/mm			115-125 kg	254-276 lb	9.6Kg/mm
		125-135 kg	276-298 lb	10.6Kg/mm			125-135 kg	276-298 lb	10.2Kg/mm
		135-145 kg	298-320 lb	11.2Kg/mm			135-145 kg	298-320 lb	10.8Kg/mm
		145-155 kg	320-342 lb	11.6Kg/mm			145-155 kg	320-342 lb	11.4Kg/mm
				stock *			155-165kg	342-364 lb	12.0Kg/mm
									stock *
2016-19	701 Enduro	55-65 kg	121-143 lb	N/A					
		65-75 kg	143-165 lb	6.4Kg/mm					
		75-85 kg	165-187 lb	69N/mm *					
		85-95 kg	187-209 lb	7.6Kg/mm					
		95-105 kg	209-231 lb	8.0Kg/mm					
		105-115 kg	231-254 lb	8.6Kg/mm					
		115-125 kg	254-276 lb	9.2Kg/mm					
		125-135 kg	276-298 lb	9.6Kg/mm					
		135-145 kg	298-320 lb	10.0Kg/mm					
		145-155 kg	320-342 lb	10.6Kg/mm					
		155-165kg	342-364 lb	11.2Kg/mm					
				stock *					
2016-19	701 SM	55-65 kg	121-143 lb	N/A					
2019-2020	690 SMC-R	65-75 kg	143-165 lb	7.0Kg/mm					
		75-85 kg	165-187 lb	75N/mm *					
		85-95 kg	187-209 lb	80Kg/mm					
		95-105 kg	209-231 lb	8.6Kg/mm					
		105-115kg	231-254 lb	9.2Kg/mm					
		115-125 kg	254-276 lb	9.6Kg/mm					
		125-135 kg	276-298 lb	10.0Kg/mm					
		135-145 kg	298-320 lb	10.6Kg/mm					
		145-155kg	320-342 lb	11.2Kg/mm					
		155-165kg	342-364 lb	11.6Kg/mm					
				stock *					