Model Year	Bike Models	Rider Weight W/Gear (kg)	Rider Weight W/Gear (lb)	Required Spring Rate (* = Stock)
2011-15	350/450SXF/XCF	55-65 kg	121-143 lb	5.0Kg/mm
		65-75 kg	143-165 lb	5.4Kg/mm
		75-85 kg	165-187 lb	**57N/mm** *
		85-95 kg	187-209 lb	6.0Kg/mm
		95-105 kg	209-231 lb	63N/mm
		105-115kg	231-254 lb	66N/mm
		115-125 kg	254-276 lb	7.0Kg/mm
		125-135 kg	276-298 lb	7.2Kg/mm
		135-145 kg	298-320 lb	7.6Kg/mm
				Stock *
2012-15	125/150SX	55-65 kg	121-143 lb	4.6Kg/mm
2014-16	TE125/150	65-75 kg	143-165 lb	4.8Kg/mm
		75-85 kg	165-187 lb	**51N/mm** *
		85-95 kg	187-209 lb	5.4Kg/mm
		95-105 kg	209-231 lb	57N/mm
		105-115kg	231-254 lb	60N/mm
		115-125 kg	254-276 lb	63N/mm
		125-135 kg	276-298 lb	6.6Kg/mm
		135-145 kg	298-320 lb	7.0Kg/mm
				Stock *
2012-16	250/300XC/SX	55-65 kg	121-143 lb	4.8Kg/mm
2011-15	250SXF	65-75 kg	143-165 lb	5.2Kg/mm
		75-85 kg	165-187 lb	**54N/mm** *
		85-95 kg	187-209 lb	57N/mm
		95-105 kg	209-231 lb	60N/mm
		105-115kg	231-254 lb	63N/mm
		115-125 kg	254-276 lb	6.6Kg/mm
		125-135 kg	276-298 lb	7.0Kg/mm
		135-145 kg	298-320 lb	7.4Kg/mm
				Stock *
2018-20	125/150SX	55-65 kg	121-143 lb	3.4Kg/mm
2018-20	TC125 HQV	65-75 kg	143-165 lb	3.6Kg/mm
2020	TE150	75-85 kg	165-187 lb	**39N/mm** *
		85-95 kg	187-209 lb	4.2Kg/mm
		95-105 kg	209-231 lb	4.6Kg/mm
		105-115kg	231-254 lb	4.8Kg/mm
		115-125 kg	254-276 lb	5.2Kg/mm
				Stock *
2018-20	250/300XC	55-65 kg	121-143 lb	3.6Kg/mm
2018-20	250/350SXF/XCF	65-75 kg	143-165 lb	3.8Kg/mm
2018-20	FC/FX250/350	75-85 kg	165-187 lb	**42N/mm** *
2018-20	TC250	85-95 kg	187-209 lb	4.6Kg/mm
2018-20	TX300	95-105 kg	209-231 lb	4.8Kg/mm
		105-115kg	231-254 lb	5.2Kg/mm
		115-125 kg	254-276 lb	5.4Kg/mm
		125-135 kg	276-298 lb	5.8Kg/mm
		135-145 kg	298-320 lb	6.0Kg/mm
				Stock *
2018-20	450 SXF/XCF	55-65 kg	121-143 lb	3.8Kg/mm
2018-20	FC450	65-75 kg	143-165 lb	4.2Kg/mm
2018-20	FC450 Rock	75-85 kg	165-187 lb	**45N/mm** *
		85-95 kg	187-209 lb	4.8Kg/mm
		95-105 kg	209-231 lb	5.2Kg/mm
		105-115kg	231-254 lb	5.4Kg/mm
		115-125 kg	254-276 lb	5.8Kg/mm
		125-135 kg	276-298 lb	6.0Kg/mm
		135-145 kg	298-320 lb	63N/mm
				Stock *

Model Year	Bike Models	Rider Weight W/Gear (kg)	Rider Weight W/Gear (lb)	Required Spring Rate (* = Stock)
2014-16	TE250/300	55-65 kg	121-143 lb	4.8Kg/mm
2014-16	TC250 HQV	65-75 kg	143-165 lb	5.2Kg/mm
2014-16	FE250/350	75-85 kg	165-187 lb	**54N/mm** *
		85-95 kg	187-209 lb	5.8Kg/mm
		95-105 kg	209-231 lb	6.0Kg/mm
		105-115kg	231-254 lb	63N/mm
		115-125 kg	254-276 lb	6.6Kg/mm
		125-135 kg	276-298 lb	7.0Kg/mm
		135-145 kg	298-320 lb	7.2Kg/mm
				Stock *
2014-16	FE450/501	55-65 kg	121-143 lb	5.0Kg/mm
		65-75 kg	143-165 lb	5.4Kg/mm
		75-85 kg	165-187 lb	**57N/mm** *
		85-95 kg	187-209 lb	6.0Kg/mm
		95-105 kg	209-231 lb	63N/mm
		105-115kg	231-254 lb	6.6Kg/mm
		115-125 kg	254-276 lb	7.0Kg/mm
		125-135 kg	276-298 lb	7.4Kg/mm
		135-145 kg	298-320 lb	7.8Kg/mm
				Stock *
2017-19	TE150	55-65 kg	121-143 lb	3.6Kg/mm
2017-19	TX125	65-75 kg	143-165 lb	3.8Kg/mm
		75-85 kg	165-187 lb	**42N/mm** *
		85-95 kg	187-209 lb	4.6Kg/mm
		95-105 kg	209-231 lb	4.8Kg/mm
		105-115kg	231-254 lb	5.2Kg/mm
		115-125 kg	254-276 lb	5.4Kg/mm
		125-135 kg	276-298 lb	5.8Kg/mm
		135-145 kg	298-320 lb	6.0Kg/mm
				Stock *
2017	TE250/300	55-65 kg	121-143 lb	3.8Kg/mm
2017	TE250TPI	65-75 kg	143-165 lb	4.2Kg/mm
2017	FE250/350	75-85 kg	165-187 lb	**45N/mm** *
		85-95 kg	187-209 lb	4.8Kg/mm
		95-105 kg	209-231 lb	5.2Kg/mm
		105-115kg	231-254 lb	5.4Kg/mm
		115-125 kg	254-276 lb	5.8Kg/mm
		125-135 kg	276-298 lb	6.0Kg/mm
		135-145 kg	298-320 lb	6.4Kg/mm
				Stock *
2017-19	FE450/501	55-65 kg	121-143 lb	4.2Kg/mm
2018-19	FE250/350	65-75 kg	143-165 lb	4.6Kg/mm
2018	TE250i/300	75-85 kg	165-187 lb	**48N/mm** *
2019	TE250i/300i	85-95 kg	187-209 lb	5.2Kg/mm
		95-105 kg	209-231 lb	5.4Kg/mm
		105-115kg	231-254 lb	5.8Kg/mm
		115-125 kg	254-276 lb	60N/mm
		125-135 kg	276-298 lb	63N/mm
		135-145 kg	298-320 lb	6.6Kg/mm
		145-155 kg	319-341 lb	6.8Kg/mm
				Stock *
2020	TE250i/300i	55-65 kg	121-143 lb	3.6Kg/mm
	FE250/350	65-75 kg	143-165 lb	3.8Kg/mm
	FE450/501	75-85 kg	165-187 lb	**42N/mm** *
		85-95 kg	187-209 lb	4.6Kg/mm
		95-105 kg	209-231 lb	4.8Kg/mm
		105-115kg	231-254 lb	5.2Kg/mm
		115-125 kg	254-276 lb	5.4Kg/mm
		125-135 kg	276-298 lb	5.8Kg/mm
		135-145 kg	298-320 lb	6.0Kg/mm
		145-155 kg	319-341 lb	63N/mm
		155-165 kg	341-363 lb	6.6Kg/mm
				Stock *