

Model Year	Bike Models	Rider Weight W/Gear (kg)	Rider Weight W/Gear (lb)	Required Spring Rate (* = Stock)
2017-19	125/150 XCW	55-65 kg	121-143 lb	.36Kg/mm
2017-19	TE125 HQV	65-75 kg	143-165 lb	3.8N/mm
		75-85 kg	165-187 lb	4.0N/mm *
2020	250/300XCW	85-95 kg	187-209 lb	4.2N/mm
2020	250/300 6 Days	95-105 kg	209-231 lb	4.4N/mm
2020	250/300EXC	105-115kg	231-254 lb	4.6N/mm
2020	250EXCF	115-125 kg	254-276 lb	4.8N/mm
		125-135 kg	276-298 lb	5.0N/mm
				stock *

2020	125/150 XCW	55-65 kg	121-143 lb	.34Kg/mm
2020	TE125 HQV	65-75 kg	143-165 lb	.36Kg/mm
		75-85 kg	165-187 lb	3.8N/mm
		85-95 kg	187-209 lb	4.0N/mm
		95-105 kg	209-231 lb	4.2N/mm
		105-115kg	231-254 lb	4.4N/mm
		115-125 kg	254-276 lb	4.6N/mm
		125-135 kg	276-298 lb	4.8N/mm
				stock *

2015-16	125/150SX	55-65 kg	121-143 lb	4.0N/mm
		65-75 kg	143-165 lb	4.2N/mm
		75-85 kg	165-187 lb	4.4N/mm *
		85-95 kg	187-209 lb	4.6N/mm
		95-105 kg	209-231 lb	4.8N/mm
		105-115kg	231-254 lb	5.0N/mm
		115-125 kg	254-276 lb	5.2N/mm
		125-135 kg	276-298 lb	5.4N/mm
				stock *

2017-19	250/300XCW	55-65 kg	121-143 lb	3.8N/mm
2017-19	250/300EXC	65-75 kg	143-165 lb	4.0N/mm
2017-19	250/300 6 Days	75-85 kg	165-187 lb	4.2N/mm *
2017-20	TE250/300 HQV	85-95 kg	187-209 lb	4.4N/mm
		95-105 kg	209-231 lb	4.6N/mm
2020	250/350EXCF/XCFW	105-115kg	231-254 lb	4.8N/mm
2020	450/500EXCF/XCFW	115-125 kg	254-276 lb	5.0N/mm
2020	FE250/350/450/501	125-135 kg	276-298 lb	5.2N/mm
		135-145 kg	298-320 lb	5.4N/mm
				stock *

Model Year	Bike Models	Rider Weight W/Gear (kg)	Rider Weight W/Gear (lb)	Required Spring Rate (* = Stock)
2017-19	450/500EXCF	55-65 kg	121-143 lb	4.2N/mm
2017-19	450/500 6 Days	65-75 kg	143-165 lb	4.4N/mm
2017-19	FE450/501	75-85 kg	165-187 lb	4.6N/mm *
		85-95 kg	187-209 lb	4.8N/mm
		95-105 kg	209-231 lb	5.0N/mm
		105-115kg	231-254 lb	5.2N/mm
		115-125 kg	254-276 lb	5.4N/mm
		125-135 kg	276-298 lb	5.6N/mm
		135-145 kg	298-320 lb	5.8N/mm
				stock *

2017-19	FE250/350	55-65 kg	121-143 lb	4.0N/mm
2016-19	350EXCF	65-75 kg	143-165 lb	4.2N/mm
		75-85 kg	165-187 lb	4.4N/mm *
		85-95 kg	187-209 lb	4.6N/mm
		95-105 kg	209-231 lb	4.8N/mm
		105-115kg	231-254 lb	5.0N/mm
		115-125 kg	254-276 lb	5.2N/mm
		125-135 kg	276-298 lb	5.4N/mm
				stock *

2016-18	701 Enduro	55-65 kg	121-143 lb	4.8N/mm
		65-75 kg	143-165 lb	5.0N/mm
		75-85 kg	165-187 lb	5.2N/mm *
		85-95 kg	187-209 lb	5.4N/mm
		95-105 kg	209-231 lb	.56Kg/mm
		105-115kg	231-254 lb	.58Kg/mm
		115-125 kg	254-276 lb	.60Kg/mm
		125-135 kg	276-298 lb	.62Kg/mm
		135-145 kg	298-320 lb	.64Kg/mm
				stock *