

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 *
2020-21	250/300XCW	85-95 kg	187-209 lb	4.2N/mm
2020-21	250/300 6 Days	95-105 kg	209-231 lb	4.4N/mm
2020-21	250/300EXC	105-115kg	231-254 lb	4.6N/mm
		115-125 kg	254-276 lb	4.8N/mm
		125-135 kg	276-298 lb	5.0N/mm
				stock *
2020-21	125/150 XCW	55-65 kg	121-143 lb	.34Kg/mm
2020-21	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-F	65-75 kg	143-165 lb	4.0N/mm
2017-19	250/300 6 Days	75-85 kg	165-187 lb	4.2N/mm *
2017-21	TE250/300 HQV	85-95 kg	187-209 lb	4.4N/mm
2020-21	350/500EXCF/XCFW	95-105 kg	209-231 lb	4.6N/mm
2020-21	FE350/501/S	105-115kg	231-254 lb	4.8N/mm
		115-125 kg	254-276 lb	5.0N/mm
		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 *