

Model Year	Bike Models	Rider Weight W/Gear (kg)	Rider Weight W/Gear (lb)	Required Spring Rate (* = Stock)
43mmx457mm				
2014-18	690 Enduro	65-75 kg	143-165 lb	.52Kg/mm
2020	701 SMC	75-85 kg	165-187 lb	5.3N/mm *
		85-95 kg	187-209 lb	.56Kg/mm
		95-105 kg	209-231 lb	.58Kg/mm
		105-115kg	231-254 lb	.60Kg/mm
		115-125 kg	254-276 lb	.62Kg/mm
		125-135kg	276-298 lb	.64Kg/mm
		135-145 kg	298-320 lb	.66Kg/mm
				stock *
43mmx457mm				
2016-19	701 SM	65-75 kg	143-165 lb	.54Kg/mm
		75-85 kg	165-187 lb	5.6N/mm *
		85-95 kg	187-209 lb	.58Kg/mm
		95-105 kg	209-231 lb	.60Kg/mm
		105-115kg	231-254 lb	.62Kg/mm
		115-125 kg	254-276 lb	.64Kg/mm
		125-135 kg	276-298 lb	.66Kg/mm
		135-145 kg	298-320 lb	.68Kg/mm
				stock *
43mmx485mm				
2009-11	690 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 *
43mmx465mm				
2008	690 Enduro	55-65 kg	121-143 lb	.50 Kg/mm
2012-13	690 Enduro R	65-75 kg	143-165 lb	.52 Kg/mm
2019	701 Enduro	75-85 kg	165-187 lb	5.4 N/mm *
		85-95 kg	187-209 lb	5.6 N/mm
		95-105 kg	209-231 lb	5.8 N/mm
		105-115 kg	231-254 lb	6.0 N/mm
		115-125 kg	254-276 lb	.62 Kg/mm
		125-135 kg	276-298 lb	6.4 N/mm
		135-145 kg	298-320 lb	.66 Kg/mm
				stock *
44mmx470mm				
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 *
43.5mmx430mm				
2019-20	690 Enduro R	55-65 kg	121-143 lb	.56Kg/mm
2020	701 Enduro	65-75 kg	143-165 lb	.58Kg/mm
		75-85 kg	165-187 lb	5.9N/mm *
		85-95 kg	187-209 lb	.62Kg/mm
		95-105 kg	209-231 lb	.64Kg/mm
		105-115kg	231-254 lb	.66Kg/mm
		115-125 kg	254-276 lb	.68Kg/mm
		125-135 kg	276-298 lb	.70Kg/mm
		135-145 kg	298-320 lb	.72Kg/mm
				stock *