

Condition and adjustment

- Always start with Step 1 and then go through Step 2 to Step 3.
- Return to Step 1 and repeat Step 1 through Step 3.

Step Condition	1	2	3
Bottoming	Shorten the spring length (to increase the pre-load).	Turn the compression adjuster to stiffer position (to increase the damping force).	
Soft	Turn the compression adjuster to a stiffer position (to increase the damping force).	Shorten the spring length (to increase pre-load).	Turn the tension adjuster to a stiffer position (to increase the damping force).
Hard	Turn the compression adjuster to soft.	Increase the spring length (to decrease pre-load).	
Excessive sinking	Shorten the spring length (to increase the pre-load).		

WARNING

- * *The rear shock absorber damper body contains pressurized nitrogen gas at 185 psi (1,300 kPa, 13 kg/cm²). Do not attempt to disassemble the shock body. See your authorized Honda dealer for shock absorber service.*
- * *Do not disconnect the reservoir hose or disassemble and refill the reservoir.*
- * *Keep fire and heat away from the shock and its reservoir.*
- * *If replacement is necessary, take the used shock absorber to your authorized Honda dealer for proper disposal.*