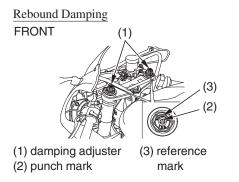
## Suspension

## Front Suspension Damping

Refer to Safety Precautions on page 62.



To adjust to the standard position:

1. Turn the rebound damping adjuster (1) clockwise until it will no longer turn

(lightly seats). This is the full hard setting.

- 2. Turn the adjuster counterclockwise approximately 1 turn so that the punch mark (2) on the adjuster aligns with the reference mark (3). This is the standard position.
- 3. Make sure that both fork legs are adjusted to the same position.

*To Reduce Rebound Damping (SOFT):* For a light load and smooth road conditions, turn the adjuster counterclockwise toward SOFT (S).

*To Increase Rebound Damping* (*HARD*): For a firmer ride and rough road conditions, turn the adjuster clockwise toward HARD (H).

Servicing Your Honda 119

