



Intense Quick Start Model Settings

The following quick start guide lists the **default settings** in bold text that your bicycle was shipped with. Below the default settings, a general incremental reference illustrates various settings that are focused on maintaining average sag settings for a riders weight. "Ret" means the number of counterclockwise turns that the adjuster is returned from the maximum clockwise setting. The 5th Element shock offers infinite tuning possibilities for hi-performance racing or the fun-ride consumer. After becoming familiar with your new bicycle, refer to the detailed instructions in the owners guide and have fun experimenting for your perfect ride. From the entire staff at Progressive Suspension, we are genuinely proud to offer the mountain bike community the exciting new performance benefits of the 5th Element technology.

Model	Rider Weight	Spring	Pre-load	Shock Sag @ 1G	Air Pressure	Volume Adjust	Beginning Stroke Comp.	Ending Stroke Comp.	Rebound
M-1 - Small	Default	350	4m m	n/a	150	4.5 ret	2.0 ret	2.0 ret	1.75 ret
	100	350	2mm	23mm	100	3.0 ret	min	min	2.0 ret
	120	350	4mm	23mm	125	4.0 ret	min	min	2.0 ret
	140	350	6mm	23mm	150	5.0 ret	min	min	2.0 ret
M-1 - Medium	Default	400	4m m	n/a	150	4.5 ret	2.0 ret	2.0 ret	1.50 ret
	140	400	2mm	24mm	125	3.0 ret	2 ret	min	1.5 ret
	160	400	4mm	24mm	150	4.5 ret	2 ret	min	1.5 ret
	180	400	6mm	24mm	175	6.0 ret	2 ret	min	1.5 ret
M-1 - Large	Default	450	4 m m	n/a	150	4.5 ret	2.0 ret	2.0 ret	1.25 ret
	200	450	2mm	25mm	125	3.0 ret	1.5 ret	2 ret	1.25 ret
	220	450	4mm	25mm	150	4.5 ret	1.5 ret	2 ret	1.25 ret
	240	450	6mm	25mm	175	6.0 ret	1.5 ret	2 ret	1.25 ret
M-1 - Optional Spring	240+	500	3-7mm	22-27mm	125-175	2-4 ret	1.5-2.0 ret	2.0 ret	1.00 ret
7" rear wheel travel - rocker arm mount position									
Uzzi SLX - Small	Default	350	3m m	n/a	150	3.0 ret	2.0 ret	2.0 ret	1.75 ret
	100	350	3mm	20mm	100	2.0 ret	min	min	1.75 ret
	120	350	4mm	21mm	125	3.5 ret	min	min	1.75 ret
	140	350	5mm	22mm	150	5.0 ret	min	min	1.75 ret
Uzzi SLX - Medium	Default	375/400	4m m	n/a	150	3.0 ret	2.0 ret	2.0 ret	1.50 ret
	140	375/400	3mm	20mm	125	2.0 ret	1.5 ret	min	1.50 ret
	160	375/400	4mm	21mm	150	3.0 ret	1.5 ret	min	1.50 ret
	180	375/400	5mm	22mm	175	4.0 ret	1.5 ret	min	1.50 ret
Uzzi SLX - Large	Default	450	4m m	n/a	150	3.0 ret	2.0 ret	2.0 ret	1.25 ret
	200	450	3mm	20mm	150	2.0 ret	1.0 ret	2.0 ret	1.25 ret
	220	450	4mm	21mm	175	3.0 ret	1.0 ret	2.0 ret	1.25 ret
	240	450	5mm	22mm	175	3.0 ret	1.0 ret	2.0 ret	1.25 ret
Uzzi SLX - Optional Sprin	240+	500	3-5mm	20-22mm	125-175	1-3 ret	1.5-2.0 ret	2.0 ret	1.00 ret
6" rear wheel travel - rocker arm mount position									
Uzzi SLX - Small	Default	250	3m m	n/a	120	2.0 ret	2.0 ret	2.0 ret	3.0 ret
	100	250	1mm	15mm	100	1.0 ret	min	min	3.0 ret
	120	250	2mm	17mm	110	2.0 ret	min	min	3.0 ret
	140	250	3mm	19mm	120	3.0 ret	min	min	3.0 ret
Uzzi SLX - Medium	Default	300	3m m	n/a	120	2.0 ret	2.0 ret	2.0 ret	2.5 ret
	140	300	1mm	20mm	100	1.0 ret	min	min	2.5 ret
	160	300	2mm	20mm	110	2.0 ret	min	min	2.5 ret
	180	300	3mm	20mm	120	3.0 ret	min	min	2.5 ret
Uzzi SLX - Large	Default	350	4m m	n/a	120	2.0 ret	2.0 ret	2.0 ret	1.5 ret
	200	350	3mm	20mm	120	1.0 ret	2.0 ret	2.0 ret	1.5 ret
	220	350	5mm	20mm	140	2.0 ret	2.0 ret	2.0 ret	1.5 ret
	240	350	7mm	20mm	160	3.0 ret	2.0 ret	2.0 ret	1.5 ret
Uzzi SLX - Optional Sprin	240+	375/400	3-5mm	20-22mm	125-175	1-3 ret	1.5-2.0 ret	2.0 ret	1.00 ret

Note: Spring rates were updated on 2/1/02. The spring rates on your model may be different than outlined in this reference chart.