

## Santa Cruz 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
<b>Heckler 2002 Rates *</b>									
<b>Heckler - Small</b>	<b>Default</b>	<b>275</b>	<b>5mm</b>	<b>n/a</b>	<b>125</b>	<b>4.0 ret</b>	<b>1.75ret</b>	<b>1.75ret</b>	<b>4.0 ret</b>
	100	275	3mm	13mm	75	2.0 ret	1.75 ret	1.75 ret	4.00 ret
	120	275	5mm	13mm	100	3.5 ret	1.75 ret	1.75 ret	3.50 ret
	140	275	7mm	15mm	125	4.0 ret	1.75 ret	1.75 ret	3.25 ret
<b>Heckler - Medium</b>	<b>Default</b>	<b>300</b>	<b>5mm</b>	<b>n/a</b>	<b>125</b>	<b>4.0 ret</b>	<b>1.75ret</b>	<b>1.75ret</b>	<b>4.0 ret</b>
	140	300	4mm	15mm	100	2.0 ret	1.75 ret	1.75 ret	4.0 ret
	160	300	6mm	15mm	110	3.0 ret	1.75 ret	1.75 ret	3.75 ret
	180	300	8mm	15mm	125	4.0 ret	1.75 ret	1.75 ret	3.5 ret
<b>Heckler - Large</b>	<b>Default</b>	<b>350</b>	<b>5mm</b>	<b>n/a</b>	<b>125</b>	<b>4.0 ret</b>	<b>1.75ret</b>	<b>1.75ret</b>	<b>4.0 ret</b>
	180	350	4mm	15mm	125	2.0 ret	1.75 ret	1.75 ret	3.5 ret
	200	350	6mm	15mm	135	3.0 ret	1.75 ret	1.75 ret	3.5 ret
	220	350	8mm	15mm	145	4.0 ret	1.75 ret	1.75 ret	3.25 ret
<b>Heckler - X-Large</b>	200	350	6mm	15mm	135	2.0 ret	1.75 ret	1.75 ret	3.5 ret
	220	350	8mm	15mm	150	3.5 ret	1.75 ret	1.75 ret	3.25 ret
	240	350	10mm	15mm	150	3.5 ret	1.75 ret	1.75 ret	3.0 ret
<b>Optional Spring</b>		<b>400</b>							
<b>Bullit 2002 Rates *</b>									
<b>Bullit 7 - Small</b>	<b>Default</b>	<b>250</b>	<b>4mm</b>	<b>n/a</b>	<b>125</b>	<b>4.0 ret</b>	<b>2.0 ret</b>	<b>2.0 ret</b>	<b>3.5 ret</b>
	100	250	3mm	16mm	50-75	2.0 ret	2.0 ret	2.0 ret	4.00 ret
	120	250	5mm	18mm	50-100	3.5 ret	2.0 ret	2.0 ret	3.50 ret
	140	250	8mm	22mm	50-125	5.0 ret	2.0 ret	2.0 ret	3.25 ret
<b>Bullit 7 - Medium</b>	<b>Default</b>	<b>325</b>	<b>4mm</b>	<b>n/a</b>	<b>125</b>	<b>4.0 ret</b>	<b>2.0 ret</b>	<b>2.0 ret</b>	<b>3.0 ret</b>
	140	325	3mm	16mm	50-100	2.0 ret	2.0 ret	2.0 ret	3.25 ret
	160	325	5mm	18mm	50-125	3.5 ret	2.0 ret	2.0 ret	3.00 ret
	180	325	8mm	22mm	50-150	5.0 ret	2.0 ret	2.0 ret	2.75 ret
<b>Bullit 7 - Large</b>	<b>Default</b>	<b>350</b>	<b>4 mm</b>	<b>n/a</b>	<b>125</b>	<b>4.0 ret</b>	<b>2.0 ret</b>	<b>2.0 ret</b>	<b>2.5 ret</b>
	200	350	3mm	18mm	50-125	2.0 ret	2.0 ret	2.0 ret	2.75 ret
	220	350	5mm	20mm	50-150	3.5 ret	2.0 ret	2.0 ret	2.50 ret
	240	350	8mm	22mm	50-175	5.0 ret	2.0 ret	2.0 ret	2.25 ret
<b>Bullit 7 - X-Large</b>	<b>Default</b>	<b>375</b>	<b>4mm</b>	<b>n/a</b>	<b>125</b>	<b>4.0 ret</b>	<b>2.0 ret</b>	<b>2.0 ret</b>	<b>2.25 ret</b>
	200	375	3mm	18mm	50-125	2.0 ret	2.0 ret	2.0 ret	2.00 ret
	220	375	5mm	20mm	50-150	3.5 ret	2.0 ret	2.0 ret	1.75 ret
	240	375	8mm	22mm	50-175	5.0 ret	2.0 ret	2.0 ret	1.50 ret
<b>Optional Spring</b>		<b>425</b>							
<b>VPP 10 2002 Rates*</b>									
<b>VPP10 - Small</b>	<b>Default</b>	<b>350</b>	<b>5mm</b>	<b>n/a</b>	<b>150</b>	<b>4.0 ret</b>	<b>2.0 ret</b>	<b>2.0 ret</b>	<b>3.0 ret</b>
	100	350	3mm	25mm	75-125	2.0 ret	2.0 ret	2.0 ret	3.25 ret
	120	350	5mm	27mm	75-150	3.5 ret	2.0 ret	2.0 ret	3.00 ret
	140	350	8mm	30mm	75-175	5.0 ret	2.0 ret	2.0 ret	2.75 ret
<b>VPP10 - Medium</b>	<b>Default</b>	<b>400</b>	<b>5mm</b>	<b>n/a</b>	<b>150</b>	<b>4.0 ret</b>	<b>2.0 ret</b>	<b>2.0 ret</b>	<b>2.5 ret</b>
	140	400	3mm	25mm	75-125	2.0 ret	2.0 ret	2.0 ret	2.75 ret
	160	400	5mm	27mm	75-150	3.5 ret	2.0 ret	2.0 ret	2.50 ret
	180	400	8mm	30mm	75-175	5.0 ret	2.0 ret	2.0 ret	2.25 ret
<b>VPP10 - Large</b>	<b>Default</b>	<b>450</b>	<b>5mm</b>	<b>n/a</b>	<b>150</b>	<b>4.0 ret</b>	<b>2.0 ret</b>	<b>2.0 ret</b>	<b>2.0 ret</b>
	200	450	3mm	25mm	75-125	2.0 ret	2.0 ret	2.0 ret	2.25 ret
	220	450	5mm	27mm	75-150	3.5 ret	2.0 ret	2.0 ret	2.00 ret
	240	450	8mm	30mm	75-175	5.0 ret	2.0 ret	2.0 ret	1.75 ret
<b>Optional Springs</b>		<b>325</b>							
		<b>500</b>							

Note: Spring rates were updated on 7/18/02. The spring rates on your model may be different than outlined in this reference chart.