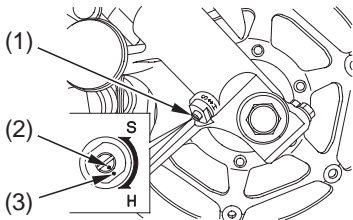


## Compression Damping

### RIGHT SIDE



- (1) damping adjuster
- (2) punch mark
- (3) reference punch mark

To adjust to the standard position:

1. Turn the damping adjuster (1) clockwise until it will no longer turn (lightly seats). This is the full hard setting.

2. Turn the adjuster counterclockwise approximately 2 turns (CBR1000RR) or 2 1/4 turns (CBR1000RR ABS) so that the punch mark (2) on the adjuster aligns with the reference punch mark (3). This is the standard position.
3. Make sure that both fork legs are adjusted to the same position.

### *To Reduce Compression Damping (SOFT):*

For a light load and smooth road conditions, turn the adjuster counterclockwise toward SOFT (S).

### *To Increase Compression Damping (HARD):*

For a firmer ride and rough road conditions, turn the adjuster clockwise toward HARD (H).