

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

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