



Beta XTrainer Fork Cartridge Kit

Part# AB-10046

Pre-load, Compression & Rebound set-up

Fits: All 2015+ Beta XTrainers



Installation Instructions:

Tools needed for adjustment: 8mm allen wrench for Preload, 4mm allen wrench for Rebound, Flat blade screw driver for compression.

The following set-up guidelines are used as a baseline starting point for fine tuning the AB-10046 XTrainer Fork Cartridge kit.

1. **Preload** –Top of right fork leg: kit Preload baseline is set at full soft with the preload screw lightly seated all the way out (fully counter-clockwise) & this setting is approx. 8mm of preload.
2. There are 10 full turns of additional preload available, each turn inwards (clockwise) is approx. 1mm of additional fork preload.
3. **Compression** –Bottom of left fork leg: kit Compression baseline is set at 24 clicks out (counter clockwise) from lightly seated.
4. There are 35 clicks of firmer/softer compression available. This setting can be as firm (screwed inwards clockwise until lightly seated) or as soft (screwed outwards counter-clockwise until lightly seated) as preferred.
5. Note: Softer compression is helpful for control in tighter/slower terrain, firmer compression is better for control in more open/faster terrain.
6. **Rebound** –Top of left fork leg: kit Rebound baseline is set at approx. 12 clicks out (counter clockwise) from lightly seated.
7. There are 24 clicks of faster/slower rebound available. Adjustment screw all the way in (clockwise) until lightly seated is slowest rebound.
8. The recommended Rebound adjustment range is approx. 3-4 clicks outwards (soft), or inwards (hard) from the 12 clicks out baseline point.

