

2006 TEAM GREEN RECOMMENDED

SUSPENSION CHART

Rider Weight	FRONT FORKS							REAR SHOCK						
	Fork Position (height)*	Spring Rate		Oil Level Volume	Oil Weight	Reb Out	Comp Out	Spring Rate	SAG Level	Reb Out	Comp Out Low	Comp High Speed	Nitro Pressure	
KX65														
											Pull Rods			
55-65	15mm	0.26Kgf	Light	130mm	10	2****	n/a	4.7Kgf	Light	70mm	2****	**STK	140psi	
65-75	10mm	0.27Kgf	Stock	130mm	10	2****	n/a	4.9Kgf	Stock	70mm	1.5****	**STK	140psi	
75-85	Flush	0.28Kgf	Heavy	125mm	10	3****	n/a	4.9Kgf	Stock	70mm	1****	85.3mm	140psi	
KX85														
Up to 75	Std	0.27Kgf	Xtra Light	90mm	5	n/a	8	4.4Kgf	Xtra Light	80-85mm	9	1	150psi	
75-100	Std	0.28Kgf	Light	90mm	5	n/a	8	4.6Kgf	Light	80-85mm	9	1	150psi	
100-115	Std	0.29Kgf	Stock	90mm	5	n/a	8	4.8Kgf	Stock	80-85mm	8	1	150psi	
115-125	Std	0.30Kgf	Heavy	80mm	5	n/a	8	5.0Kgf	Heavy	80-85mm	8	2	150psi	
KX100														
70-85	Std	0.27Kgf	Xtra Light	90mm	5	n/a	8	4.4Kgf	Xtra Light	80-85mm	9	2	150psi	
85-100	Std	0.28Kgf	Light	90mm	5	n/a	8	4.6Kgf	Light	80-85mm	9	2	150psi	
100-115	Std	0.29Kgf	Stock	90mm	5	n/a	8	4.8Kgf	Stock	80-85mm	8	2	150psi	
115-125	Std	0.30Kgf	Heavy	80mm	5	n/a	8	5.0Kgf	Heavy	80-85mm	8	2-3	150psi	
KX250														
130-150	7mm	4.3N/mm	Light	310cc	5	14	6-10	5.1 Kgf	Light	102-105mm	8	10-12	Full Soft	150psi
150-170	7mm	4.4N/mm	Stock	310cc	5	14	6-10	5.3Kgf	Stock	102-105mm	7	10-12	Full Soft	150psi
170-190	7mm	4.5N/mm	Heavy	310cc	5	12	6-10	54N/mm	Heavy	102-105mm	7	10-12	Full Soft	150psi
KX250 (4-stroke)														
125-140	5mm	4.2N/mm	Light	360cc	5	12	8-12	48N/mm	Xtra Light	102-105mm	12	6-10	1-1.5	150psi
140-160	5mm	4.2N/mm	Light	370cc	5	12	6-10	50N/mm	Light	102-105mm	11	6-10	1-1.5	150psi
160-180	5mm	4.4N/mm	Stock	370cc	5	10	6-10	52N/mm	Stock	102-105mm	10	6-10	1-1.5	150psi
180-195	5mm	4.5N/mm	Heavy	370cc	5	8	6-10	54N/mm	Heavy	102-105mm	9	6-10	1-1.5	150psi
KX450 (4-stroke)														
130-150	5mm	4.5N/mm	Light	Stock	5	12	6-12	50N/mm	Xtra Light	102-105mm	8-9	6-8	1-1.25	150psi
150-170	5mm	4.6N/mm	Stock	Stock	5	10	6-12	52N/mm	Light	102-105mm	8-9	6-8	1-1.25	150psi
170-190	5mm	4.7N/mm	Heavy	Stock	5	8	6-12	54N/mm	Stock	102-105mm	7-8	6-8	1-1.25	150psi

* Fork Height is measured from top of fork tube to top of fork clamp.

** Stock 86.3mm pull rods on the 2002 KX65 can be exchanged for optional 85.3mm or 87.3mm to raise or lower the seat height by 4.5mm each.

**** Refer to the 2006 KX65 owners's manual for position information.

FOOTNOTES - Rebound and compression adjustments are the number of clicks out from full hard (all the way in). Front fork oil level in millimeters (mm) is a measured distance or in cc's for a measured volume. Rear shock sag level is measured in millimeters (mm). All optional spring part numbers can be found at your local Kawasaki dealership.

SPECIAL NOTE - Team Green recommends that any suspension sag measurement be done when shock is cold. Always test new setting before racing. N/mm = Newtons / millimeter - Kgf = kilograms force

Conversion Formula for each method of measurement: N/mm Spring Rate x 0.102 = Kgf/mm Spring Rate and Kgf/mm Spring Rate x 9.807 = N/mm Spring Rate

* Team Green Specifications subject to change.