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MTB COACHING

BIKE SETUP SHEET

Your Personal Settings Log — Fillable

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Bike Setup Sheet

Your bike's own numbers, recorded once and checked periodically

Fill these in from your own bike's markings or manual, not from a generic number — torque specs especially vary between bikes and materials, and carbon parts are often lower than you'd expect. Recheck periodically, and always after a big crash.

Rider & Bike

Name

Bike Make & Model

Weight (kitted up)

kg

Height

cm

Wheels & Tyres

Front Tyre Size

Rear Tyre Size

Front Thru-Axle Torque

Nm

Rear Thru-Axle Torque

Nm

Cockpit

Handlebar Width

mm

Stem Bolts Torque

Nm

Headset Top Cap

Nm

Brake Lever Angle

degrees

Brakes & Drivetrain

Front Caliper Bolts Torque

Nm

Rear Caliper Bolts Torque

Nm

Rear Mech Hanger Bolts Torque

Nm

Seat & Frame

Seatpost Clamp Torque

Nm

Saddle Height

mm from BB

Pivot Bolts Torque (check frame manual — varies by model)

Nm

Suspension Setup

Two profiles — swap between them depending on where you're riding

Impacts are bigger and more frequent at a bike park or on uplift days — many riders run a touch more pressure and a bit more compression damping to avoid harsh bottom-outs, compared to a pedally trail day. Use the two columns below to log what works for each.

Front Fork

TRAIL / EVERYDAY		BIKE PARK / LOCAL HITS	
Air Pressure	psi	Air Pressure	psi
Sag	% of travel	Sag	% of travel
Rebound	clicks from closed	Rebound	clicks from closed
Compression / Low-Speed	clicks from closed	Compression / Low-Speed	clicks from closed
Volume Spacers / Tokens	count	Volume Spacers / Tokens	count

Rear Shock

Air Pressure	psi	Air Pressure	psi
Sag	% of travel	Sag	% of travel
Rebound	clicks from closed	Rebound	clicks from closed
Compression / Low-Speed	clicks from closed	Compression / Low-Speed	clicks from closed
Volume Spacers	count	Volume Spacers	count

Tyre Pressure

Front	psi	Front	psi
Rear	psi	Rear	psi

Reference Guide

General starting points — always confirm against your specific components

Typical Torque Ranges

These are commonly-seen ranges, not universal specs. Carbon components especially can be lower — always check the markings on the part itself or your manual before assuming a number.

Component	Typical Range
Stem bolts	4-6 Nm
Handlebar clamp bolts	4-6 Nm (carbon bars: check max rating)
Seatpost clamp	4-6 Nm (varies significantly by frame)
Headset top cap	1-2 Nm (preload only, not structural)
Disc caliper mounting bolts	6-8 Nm
Disc rotor bolts	2.5-4 Nm
Thru-axles	12-15 Nm
Rear mech hanger bolts	4-5 Nm
Pivot bolts	Frame-specific — always check your manual
Crank bolts	35-54 Nm
Pedal threads	35-40 Nm

Suspension Sag — General Targets

Sag is the amount your suspension compresses under your own weight, in normal riding kit, standing on the pedals. It matters more than any specific PSI number, since air volume differs between fork/shock models — use your fork or shock manufacturer's app or chart to find the exact PSI for your model and weight, then fine-tune to hit these sag targets:

Riding Style	Front Fork Target	Rear Shock Target
Trail / All-Mountain	15-20% sag	25-30% sag
Enduro	20-25% sag	25-30% sag
Downhill / Bike Park	20% sag	30% sag

Tyre Pressure — Rough Starting Points

Adjust from here based on tyre casing, terrain, and personal feel. Lower for more grip and comfort; higher to resist pinch flats and rim strikes on rougher, faster terrain like bike parks.

Rider Weight (kitted up)	Front Tyre	Rear Tyre
Under 65kg	18-22 psi	20-24 psi
65-85kg	21-25 psi	23-27 psi
85kg+	24-28 psi	26-30 psi

Ask Your Coach

Unsure about any of these numbers? Bring your bike along to a session and we'll set it up together.