READ THIS FIRST
使用前请先详阅读此内容

Thank you for purchasing a new ExaForm suspension fork product. Your new suspension fork is warranted for a period of 24-month from the date of purchase. The warranty is expressly limited to the repair or replacement of the defective part and is the sole remedy of the warranty. The warranty applies only to the original owner and is not transferable. Proof of purchase is required to validate warranty eligibility. The warranty does not cover normal wear and tear, routine maintenance, improper installation or improper use of the suspension fork. Modification of the suspension fork in any manner shall void the warranty. Exa Form Hi-Tech Co., LTD. shall not be responsible for incidental or individual costs incurred by the warranty service provider that are not covered by this warranty. The user assumes the risk of any personal injury or property damage, including damage to the suspension fork, and any other losses, if the suspension fork is modified or improperly used at any time. This warranty gives the consumer specific legal rights and those rights vary from state to state. This warranty does not affect the statutory rights of the consumer.

感谢您购买全新的 ExaForm 避震前叉产品。您的全新避震前叉自购买日起享有12个月的保固期。保固范围明确限定于维修或更换瑕疵零件，且为保固的唯一补救措施。本保固仅适用于原购买者，不可转让。需提供购买凭证以验证保固资格。本保固不涵盖正常磨损、日常维护、不当安装或不当使用避震前叉。以任何方式改装避震前叉将导致保固失效。ExaForm Hi-Tech Co., LTD. 对保固服务提供者所产生的超出本保固范围的任何附带费用或个别费用概不负责。若避震前叉改装或不当使用，使用者须承担任何人身伤害或财产损失（包括避震前叉损坏）以及其他任何损失的风险。本保固赋予消费者特定的法律权利，这些权利因州而异。本保固条款不影响消费者的法定权利。

READ THIS FIRST
使用前请先详阅读此内容

ATTENTION

注意

This is a high performance product. It will give you reliable service if it is installed properly and regularly maintained by an authorized ExaForm Service Center. Please read through these instructions fully and follow them carefully before you install your new suspension fork.

这是一款高性能产品。如果安装得当，并由授权的ExaForm服务中心定期维护，它将为您提供可靠的服务。请在安装新的避震前叉之前，完整阅读并仔细遵循这些说明。

WARNING

警告

ExaForm suspension fork must be regularly maintained by an a qualified service technician. If you need assistance locating a qualified service technician, Service Center locations can be found at www.exa-form.com. Do not disassemble your suspension fork. Disassembly could cause damage and severe personal injury as some of the contents are under pressure. Failure to follow these warnings and instructions will immediately void your warranty.

ExaForm 前叉必须由合格的维修技师定期维护。如果您需要协助寻找合格的维修技师，请造访 www.exa-form.com 查询服务中心的位置。请勿自行拆卸您的前叉。拆卸可能会造成损坏和严重的人身伤害，因为部分内部零件处于压力之下。不遵守这些警告和说明将立即使您的保固失效。

BEFORE INSTALLATION
安装前请详阅此内容

Please be sure your new ExaForm suspension fork is designed to fit in your frame. All ExaForm suspension fork are designed to fit either 1 1/2" head tube diameters only use a 39.8mm crown race. Improper fit may cause slippage, binding, faulty performance, injury and may result in void of warranty.

请务必确认您的新ExaForm 前叉与您的车架相符。所有ExaForm 前叉均设计用于11/2 " 头管直径，并仅使用39.8 mm的碗组底座。不合适的安装可能会导致打滑、卡滞、性能故障、人身伤害，并可能导致保固失效。

⚠ never use more than 30mm of height of steerer stem spacers under the steerer stem, as this condition can cause the steerer tube to fail prematurely, causing a loss of control resulting in serious injury or death.

⚠ 切勿在转向管下方使用超过30 mm高的转向管垫片，否则可能导致转向管过早断裂，造成失控，甚至导致严重人身伤害或死亡。

⚠ To avoid potential disc brake failure that could result in serious injury or death, the disc brake caliper mounting bolts must always have 10~12mm of thread engagement with the fork and be kept to the manufacturer's torque specifications. In all cases, the disc brake caliper mounting bolt tightening torque level must never be less than the manufacturer's torque specification, or exceed 10.2Nm torque.

⚠ 为避免碟煞故障导致严重人身伤害或死亡，碟煞卡钳安装螺栓与前叉的螺纹啮合长度必须始终保持在10~12 mm以内，并严格按照制造商规定的扭矩进行拧紧。在任何情况下，碟煞卡钳安装螺栓的锁紧扭力不得低于制造商规定的扭力值，也不得超过10.2 Nm。

BEFORE INSTALLATION
安装前请详阅此内容

ExaForm Suspension **DOES NOT** recommend modification or alteration of your frame in any way. Doing so may void your frame or bicycle's warranty and may result in frame failure which could lead to injury or death.

ExaForm**不建议**您以任何方式改装或改装车架。这样做可能会使您的车架或自行车保固失效，并可能导致车架断裂，进而造成人身伤害或死亡。

Make sure your frame is clean and free of debris, grease and the inside of your head tube is smooth and free of any object that may interfere with the proper function of the suspension fork.

确保车架干净，没有碎屑、油脂，且头管内部光滑，没有任何可能干扰前叉正常功能的物体。

BEFORE EACH RIDE
每次骑乘前请检查

1. Ensure the through pin is locked and the hub axle is correctly secured to the fork legs. The through pin can only be inserted from the right side of the fork (rider's right side). The maximum bolt torque should be 10 Nm. The ExaForm fork hub width is 110 mm.

1. 确保贯通轴已锁紧，并且花鼓轴已正确固定在叉脚上。贯通轴只能从前叉的右侧（骑乘者右侧）插入。螺栓固定最大扭力应为 10 Nm。ExaForm 前叉的花鼓宽度为 110mm。

2. Inspect the entire exterior of your fork. The fork should not be used if any of the exterior parts appear to be damaged. If any damage is apparent, contact your local dealer for further inspection or repair.

2. 检查前叉的整个外部结构。如果任何外部零件出现损坏，请勿使用前叉。如果发现任何损坏，请联络当地经销商进行进一步检查或维修。

3. Check air spring preload to ensure it is within proper operating range for the rider.

3. 检查气压弹簧预载，确保其在适合骑乘者的正常工作范围内。

4. Check your headset adjustment. If loose, adjust it accordingly to your bicycle manufacturer's recommendations.

4. 检查碗组调整状况。如果碗组松动，请根据自行车制造商的建议进行调整。

BEFORE EACH RIDE
每次骑乘前请检查

5. Check that all brake cables or hoses are properly fastened,Tighten the disc brake hose guide screw with a hex key wrench to 0.9Nm torque.

5. 检查所有煞车线或油管是否正确固定。使用六角扳手将碟煞油管导引螺丝锁紧至0.9 Nm。

6. Test the proper operation of your front and rear brakes on level ground.

6. 在平坦地面上测试前后煞车是否正常运作。

7. Before every race or ride, clean the outside of your fork with only mild soap and water, and wipe dry with a soft, dry rag. Do not spray water directly into the seal/upper tube junction. Do not use a high pressure washer on your fork.

7. 每次比赛或骑行前，仅使用温和的肥皂水清洁前叉外部，并用柔软的干布擦干。切勿将水直接喷入密封圈/上管连接处。切勿使用高压清洗机清洗前叉。

FORK GUARD INSTALLATION
前叉护罩安装

NOTE: You must installeither the fork guards. Failure to properly install these parts can lead to brake line damage and/or failure, which can result in a loss of control of the bicycle and Severe INJURY OR DEATH.

注意：您必须安装前叉护罩。未正确安装这些零件可能导致煞车油管损坏和/或故障，从而导致自行车失控，并可能造成严重人身伤害甚至死亡。

FORK GUARD INSTALLATION
前叉护罩安装

1. Install each fork guard as shown.
1. 如图所示安装每个前叉护罩。

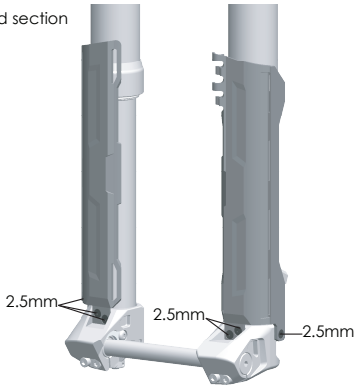
2. Use a 2.5mm hex bit and a torque wrench to tighten the three boits on each fork guard to 3.4Nm
2. 使用2.5 mm六角扳手和扭力扳手将每个前叉护罩上的三个螺栓锁紧至3.4 Nm。

3. Then go to the Brake Routing with Fork Guard section
3. 然后请参阅「前叉护罩煞车油管布线」。

2.5mm
Hex Wrench
六角扳手

3.4 Nm

Tighten to 3.4Nm
锁附扭力：3.4Nm



BRAKE HOSE ROUTING WITH FORK GUARD
前叉护罩煞车油管布线

Follow this section if you are using the fork guards.
如果您使用前叉护罩，请依照以下步骤操作。

1. Route the front disc brake hose or cable housing along the inside of the left lower tube. Then, install the brake hose into the opening on the brake hose clamp. Verify the brake hose has ample length on the inside routing so the upper tube does not contact the brake hose during compression of the fork.
1. 将前碟煞车油管沿着左侧下管内侧布线。然后将煞车油管安装到煞车油管夹的开口中。确保煞车油管在内侧布线处有足够的长度，以免前叉压缩时上管与煞车油管接触。

2. Remove the screws from upper brake hose guides.
2. 拆下上煞车油管导套上的螺丝。

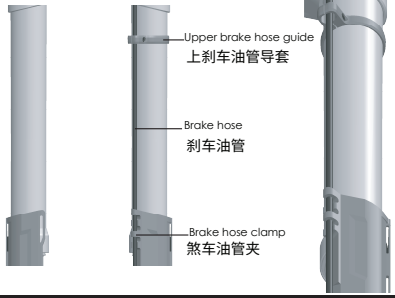
3.Install the brake hose through the opening in each of the guides and install them on the left fork leg Loosely reinstall the screws.
3.将煞车油管穿过煞车油管导套的开口,并将其安装到左侧前叉腿上。将螺丝重新拧紧。

4. Position the upper hose guides, Adjust so that the brake hose is perpendicular to the brake hose clamp. Use a 2.5mm hex bit and a torque wrench to tighten the screw to 0.9 Nm.
4.调整上煞车油管导套的位置,使煞车油管与煞车油管夹垂直。使用2.5mm六角扳手和扭力扳手将螺丝拧紧至0.9Nm。

2.5mm
Hex Wrench
六角扳手

0.9 Nm

Tighten to 0.9Nm
锁附扭力:0.9Nm



15x110 BOOST AXLE INSTALLATION
15x110 贯通轴安装

1. Install the front wheel into the dropouts and slide the axle through the dropouts and hub.
1. 将前轮装入下叉开槽，并将轮轴穿过开槽和花鼓。

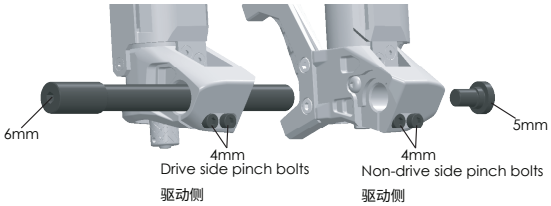
2. Use 6mm and 5mm hex wrench to torque the axle bolt to 10 Nm.
2. 使用6mm 和5mm 内六角扳手将轮轴螺栓锁紧至10 Nm。

3. Use a 4mm hex wrench to torque the two pinch bolts on the non-drive side dropout to 6.2 Nm.
3. 使用4mm 内六角扳手将非驱动侧下叉开槽上的两个夹紧螺栓锁紧至6.2 Nm。

4. Compress the fork a couple of times to ensure that the lower leg has settled into its low-friction point.
4. 压缩前叉几次，确保下叉已进入低摩擦点。

5. Use a 4mm hex wrench to torque the two pinch bolts on the drive side dropout to 6.2 Nm.
5. 使用4mm 内六角扳手将驱动侧下叉开槽上的两个夹紧螺栓锁紧至6.2 Nm。

4mm Hex Wrench 六角扳手	5mm and 6mm Hex Wrench 六角扳手
6.2Nm	10 Nm
Tighten to 6.2Nm 锁附扭力：6.2Nm	Tighten to 10Nm 锁附扭力：10Nm

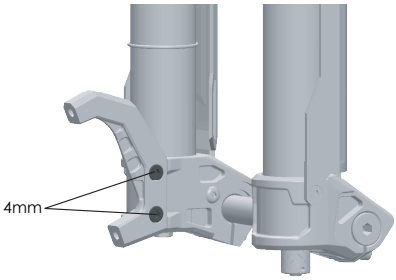


BRAKE SEAT LOCKING TORQUE
煞车座锁紧扭力

Note: You must verify the brake seat locking torque. Improper installation of these parts may result in brake damage and/or malfunction, leading to loss of bicycle control and potentially causing serious personal injury or even death.

注意:您必须确认煞车座的锁定扭力。这些零件安装不当可能导致煞车损坏和/或故障, 进而导致自行车失控, 并可能造成严重的人身伤害甚至死亡。

Use a 4mm Allen wrench to tighten the bolt to 6.2 Nm
使用4 mm内六角扳手将螺栓锁紧至6.2 Nm。



4mm
Hex Wrench
六角扳手

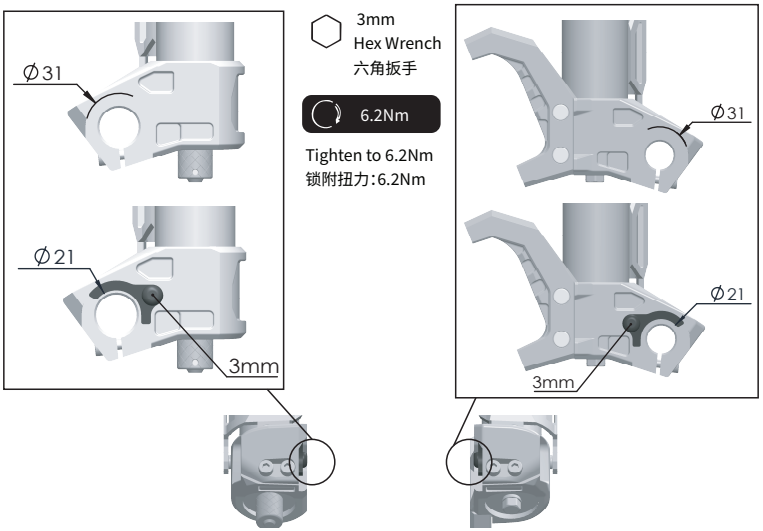
6.2Nm

Tighten to 6.2Nm
锁附扭力:6.2Nm

TORQUE CAP ADAPTER INSTALLATION
扭矩帽适配器安装

The torque cap adapter is designed for conversion between Ø31mm and Ø21mm hubs.
Use a 3 mm hex wrench to tighten the bolt to 6.2 Nm.

扭矩帽適配器適用於 Ø31mm 和 Ø21mm 輪鼓之間的轉換
使用 3 mm內六角扳手將螺栓鎖緊至 6.2 Nm。



HOW TO USE THE WIPER OIL NOZZLE
刮尘封座注油嘴操作说明

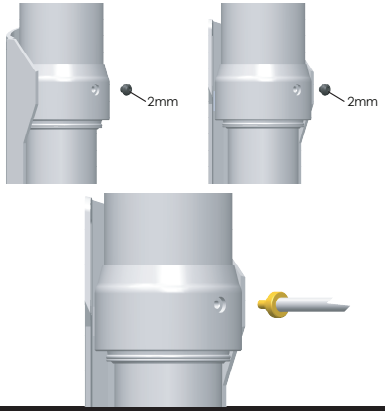
Windshield wipers should be maintained every 125 hours or annually. The following are the instructions for using the wiper nozzles:

刮尘封座应每125 小时或每年进行一次维护。以下是注油嘴使用说明：

1. Loosen the bolt on the back of the wiper using a 2mm Allen wrench.
1. 使用2 mm内六角扳手松开刮尘封座背面的螺栓。

2. Inject 5 ml of fuel using the included wiper nozzle connector.
(Recommendation hydaulic oil
T orco RSF Racing Shock Fluid(Mediuem) or Fuchs Silkolene RSF 10)
2. 使用随附的注油嘴接头注入5 cc液压油。(建议使用液压油：Torco RSF Racing Shock Fluid (Mediuem) 或Fuchs Silkolene RSF 10)

3. Tighten the bolt to 1 Nm using a 2mm Allen wrench.
3. 使用2mm内六角扳手将螺栓锁紧至1 Nm。



SETTING AIR SPRING PRESSURE
设定气压弹簧压力

NOTE: Maximum air spring pressure is 140psi, minumum air spring pressure is 40psi. Pressure should be measured at an ambient temperature of 70-75˚F. Normal operating temperature range for forks is 20-140˚F.

注意：最大气压弹簧压力为140psi，最小气压弹簧压力为50psi。压力测量应在环境温度70~75˚F（21~24˚C）下进行。前叉的正常工作温度范围为20~140˚F（-6~60˚C）。

To achieve the best performance from your fork, adjust the air pressure to attain your proper sag setting. Sag is the amount your suspension compresses under your riding weight and gear. Recommended sag is 15–25% of total fork travel.

为了使前叉发挥最佳性能，请调整气压以达到适当的预压设定。预压是指悬吊在骑乘重量和装备作用下压缩的量。建议预压为前叉总行程的15-25%。

1. Unscrew the air cap on top of the left fork leg to expose the Schrader air valve

1. 旋开左叉腿顶部的气嘴盖。

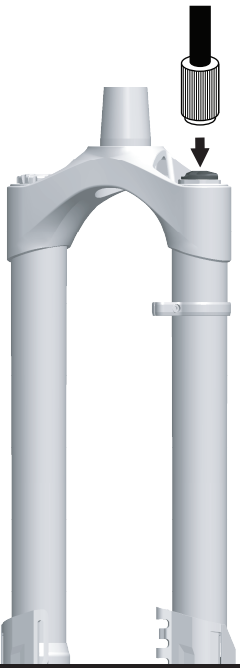
2. Attach a High Pressure Shock Pump such as the KS Air-8 to the Schrader valve.

2. 将高压打气筒（例如KS Air-8）连接至气嘴。

3. Pump your fork to the appropriate pressure as listed in the 'Suggested starting points for setting sag' table below, then remove the pump.

3. 将前叉打气至下表"建议预压表"中所列的气压值，然后取下打气筒。

SETTING AIR SPRING PRESSURE
设定气压弹簧压力



Suggested Sag Table 建议预压表			
Rider weight 体重		Air Pressure 气压值	
kgs	lbs	psi	bar
52-60	115-132	54-62	3.7-4.3
62-70	136-154	64-72	4.4-5
72-80	158-176	74-82	5.1-5.7
82-90	181-198	84-92	5.8-6.3
92-100	203-220	94-102	6.5-7
103-110	227-242	105-112	7.2-7.7

SETTING AIR SPRING PRESSURE (cont'd)
设定气压弹簧压力

4. Using your forks sag setting o-ring on the left upper tube (or temporarily install a zip tie to the upper tube), slide the o-ring (or zip tie) down against the fork dust wiper. Rotate the compression lever to the Open mode (fully counter-clockwise).

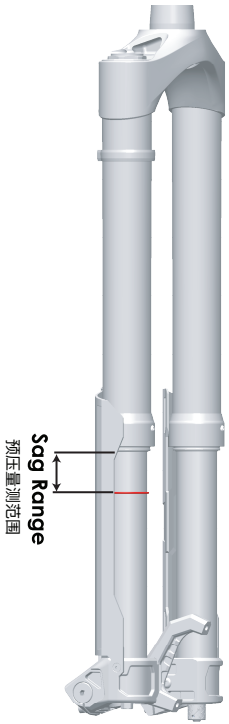
4. 使用左上管的O 型环来调整前叉预压（或临时用束带固定管），将O 型环（或束带）向上滑动至前叉防尘圈。将压缩阻尼旋纽旋转至开启模式（逆时针旋转至最末端）。

5. Dressed to ride (including a filled hydration pack, if you use one), position your bike next to a wall or table to support yourself. Mount your bicycle. Assume your riding position for at least 10 seconds, allowing the suspension to fully settle. Make sure you distribute your weight evenly between the saddle, handlebars and pedals.

5. 穿戴好骑行装备（包括例如水袋），将自行车靠墙或桌子放置以支撑身体。骑上自行车。保持骑乘姿势至少10 秒钟，让前叉完全稳定。确保将身体重量均匀分布在车座、车把和脚踏之间。

6. While in your riding position, slide the o-ring (or zip tie) down against the fork dust wiper.

6. 保持骑乘姿势，将O 型环（或束带）向下滑动至前叉防尘圈。



SETTING AIR SPRING PRESSURE (cont'd)
设定气压弹簧压力

7. Dismount your bike without bouncing, to avoid further moving the o-ring or zip tie. Measure the distance between the dust wiper and the o-ring or zip tie. This is your sag measurement. Suggested sag measurements are listed in the table below.

7. 下车时不要剧烈摇晃，以免O 型环（或束带）进一步移动。测量防尘圈与O 形圈（或束带）之间的距离。这是您的预压测量值。建议的预压测量值列于建议预压表。

8. Add or remove air pressure until your sag measurement is between 15-25% of your forks total travel.

8. 持续增加或减少气压，直到您的 SAG 下沉量介于前叉总行程的 15–25% 之间。

9. Repeat steps 2-8 and recheck sag measurement.

9.重复步骤2-8，重新检查预压测量值。

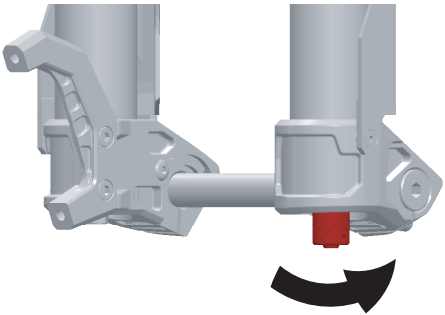
10. When sag measurement is correct, screw the air cap on clockwise until snug.

10. 当预压测量值正确时，顺时针锁紧气嘴盖。

ADJUSTING REBOUND DAMPING
调整回弹阻尼

NOTE: Rebound controls how fast the fork extends after compression
注意：回弹阻尼控制前叉压缩后伸展的速度

The rebound adjustment is dependent on the air pressure setting. For example, higher air pressures require more rebound damping.
回弹阻尼调节取决于气压设定。例如，气压越高，回弹阻尼就越大。



Turn your rebound knob to the closed position (full clockwise when viewed from the bottom) until the desired rebound speed is achieved.
1. 将回弹阻尼旋钮旋转至关闭位置（从底部看，顺时针旋转至最末端）

Adjust rebound until the fork returns quickly but does not top out.
2. 逆时针调整回弹阻尼旋钮，直到达到所需的回弹速度。

Top out is felt when a fork fully extends too quickly and comes to an abrupt stop when it reaches full extension (you will hear/feel a small noise). Top out should be avoided through proper rebound setting.
3. 当前叉完全伸展过快时，会感觉到前叉完全伸展后突然停止（您会听到/感觉到轻微的噪音）。应透过适当的回弹设定来避免前叉完全伸展。

ADJUSTING COMPRESSION DAMPING
调整压缩阻尼

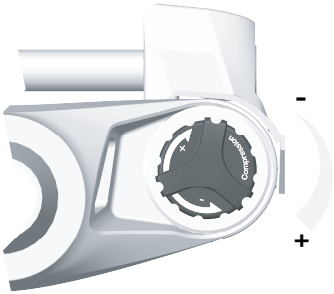
NOTE: Compression damping regulates the compression charateristic.
注意:压缩阻尼调节压缩特性

The Compression damping regulates is useful to control suspension performance under significant changes in terrain and is intended to be adjusted throughout the ride. You can use the OPEN mode during rough terrain and the the FIRM mode for smooth surfaces. Selecting any position between Open and Firm can be used according to the rider's preference for intermediate conditions.
压缩阻尼调节有助于在地形变化较大的情况下控制悬吊性能,并可在整个骑乘过程中进行调节。您可以在崎岖地形中使用「-」模式,在平整路面上使用「+」模式。在中等路况下,您可以根据骑乘者的偏好,在「+」和「-」之间选择任意档位。

Compression Adjust:
压缩阻尼调节:

The range of adjustment between the Open and Firm also adjusts the Compression damping amount.
在「+」和「-」之间的调节范围也可调节压缩阻尼量。

The range between OPEN and FIRM can be used to dial in the user's preferred amount of Compression Damping.
使用者可以透过「+」和「-」之间的调整范围来调整自己喜欢的压缩阻尼量。



GENERAL CARE & MAINTENANCE
保养与维护

Minimum Recommended Service Items 服务项目	Before every ride 每次骑乘前	After every ride 每次骑乘后	Regularly 经常性	Every 125 hours or yearly, whichever comes first* 每125 小时或每年，以先到者为准
Inspect the entire exterior of your fork/shock.The fork should not be used if any of the exterior parts appear to be damaged.Contact your local dealer for repair. 检查前叉整个外部结构。如果任何外部零件出现损坏,请勿使用前叉。请联络当地经销商进行维修。		●		
Check that axles are properly adjusted and tightened. 检查贯通轴是否已正确调整和拧紧。		●		
Check your headset adjustment. If loose, adjust it accordingly to your bicycle manufacturer's recommendations. 检查一下你的车头碗组是否调整到位。如果松动，请按照自行车制造商的建议进行调整。		●		
Check that all brake cables or hoses are properly fastened. Test the proper operation of your front and rear brakes on level ground. 检查所有煞车线是否牢固连接。 在平坦地面上测试前后煞车是否正常运作。		●		

GENERAL CARE & MAINTENANCE
保养与维护

Minimum Recommended Service Items 服务项目	Before every ride 每次骑乘前	After every ride 每次骑乘后	Regularly 经常性	Every 125 hours or yearly, whichever comes first* 每125 小时或每年，以先到者为准
Clean exterior with mild soap and water only,then wipe dry with a soft towel. Do not use a high-pressure washer or spray water directly at the seal/shock body junction. 仅用温和的肥皂水清洁外部,然后用软毛巾擦干。切勿使用高压清洗机或直接向密封/减震器本体连接处喷水。			●	
Check sag and damper settings. Inspect the controls for visual damage and function. 检查预压行程和阻尼设定。检查控制装置的外观损坏情况和功能。				●
Full service (full internal/external inspection, seal replacement , bath oil and wiper replacement). 全面保养（内部/外部全面检查、密封件更换、液压油更换和刮尘封更换）。				●

After 125 hours of riding, your fork should be fully serviced by an Authorized ExaForm Service Center.

骑乘125 小时后，您的前叉应由ExaForm 授权服务中心进行全面保养。

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