

## COGENT DYNAMICS WORKSHEET - FRONT SAG

### FRONT - STICTION

Press down on bars - gently release.  
Slide zip tie against dust seal.  
Lift up forks and gently release.  
Measure from zip tie to dust seal: \_\_\_\_\_

### FRONT - FULL EXTENSION

Lift up on bars, wheel suspended  
or with wheel just touching ground.  
Measure from axle to triple clamp: \_\_\_\_\_ **"FE"**

### FRONT - LOADED or RIDER SAG

With rider in full gear on bike:  
Press down on bars - gently release.  
Measure from axle to triple clamp: \_\_\_\_\_  
Lift up on bars and gently release.  
Measure from axle to triple clamp: + \_\_\_\_\_

Add the two measurements: = \_\_\_\_\_

Divide this by 2 = "A" Average: \_\_\_\_\_ **"A"**

Front Loaded Sag is "FE" minus "A" = \_\_\_\_\_ **"FLS"**

### FRONT - FREE SAG

Press down on bars - gently release.  
Measure from axle to triple clamp: \_\_\_\_\_  
Lift up on bars and gently release.  
Measure from axle to triple clamp: + \_\_\_\_\_

Add the two measurements: = \_\_\_\_\_

Divide this by 2 = "B" Average: \_\_\_\_\_ **"B"**

Front Free Sag is "FE" minus "B" = \_\_\_\_\_ **"FFS"**

**TO INCREASE SAG - REDUCE PRE-LOAD**

**TO DECREASE SAG - INCREASE PRE-LOAD**

## COGENT DYNAMICS WORKSHEET - REAR SAG

### REAR - STICTION

Press down seat and gently release.  
Slide zip tie against dust seal.  
Lift frame or pegs - gently release.  
Measure from zip tie to dust seal: \_\_\_\_\_

### REAR - FULL EXTENSION

Apply tape " X " on frame above axle:  
Lift frame or pegs, wheel suspended  
or with wheel just touching ground.  
Measure from axle to " X " on frame: \_\_\_\_\_ **"RE"**

### REAR - LOADED or RIDER SAG

With rider in full gear on bike:  
Press down on pegs - gently release.  
Measure from axle to " X " on frame: \_\_\_\_\_  
Lift up on frame and gently release.  
Measure from axle to " X " on frame: + \_\_\_\_\_

Add the two measurements: = \_\_\_\_\_

Divide this by 2 = "C" Average: \_\_\_\_\_ **"C"**

Rear Loaded Sag is **"RE"** minus **"C"** = \_\_\_\_\_ **"RLS"**

### REAR - FREE SAG

Press down seat or pegs - release.  
Measure from axle to " X " on frame: \_\_\_\_\_  
Lift up on bars and gently release.  
Measure from axle to " X " on frame: + \_\_\_\_\_

Add the two measurements: = \_\_\_\_\_

Divide this by 2 = "D" Average: \_\_\_\_\_ **"D"**

Rear Free Sag is **"RE"** minus **"D"** = \_\_\_\_\_ **"RFS"**

**TO INCREASE SAG - REDUCE PRE-LOAD**

**TO DECREASE SAG - INCREASE PRE-LOAD**