

COMMENCAL



WORKSHOP

Meta AM V4.2
SPRING RATE

RIDER WEIGHT / KG

	TRAIL	AM/ENDURO	DH/PARK
SPRING RATE	25% SAG	30% SAG	35% SAG
300 LBS	53	61	69
350 LBS	61	69	77
400 LBS	69	77	85
450 LBS	77	85	93
500 LBS	85	93	101
550 LBS	93	101	109

Meta AM V4.2
SPRING RATE

RIDER WEIGHT / POUNDS

	TRAIL	AM/ENDURO	DH/PARK
SPRING RATE	25% SAG	30% SAG	35% SAG
300 LBS	117	134	152
350 LBS	134	152	170
400 LBS	152	170	187
450 LBS	170	187	205
500 LBS	187	205	223
550 LBS	205	223	240