



Owner Manual

CO3 Cartridge



FAST Suspension CO3 open bath cartridge - Owner Manual

Dear customer,

Thank you for choosing a FAST Suspension product, which stands for 100% performance.

It is fabricated and assembled 100% in our factory & workshop in Brittany, in the north of France.

We at FAST Suspension are all Mountainbike riders and have a passion for good suspension products, so every product created in our minds has been proved on our trails and was tested many hours on dynometers before it came to final production. We wish you good times on your bike with a perfect suspension setup.

Fabien Glatre and the Team of FAST Suspension

1.0 GENERAL INFORMATION

The CO3 Cartridge is a 3-way adjustable open bath cartridge with a variable oil amount for changing the progression of your fork. From the top you can adjust the rebound lowspeed, on the bottom you find the OK2C Compression unit (One Knob 2 Controls). This unit allows you to setup the lowspeed and highspeed compression with only one knob. This cartridge is developed and built for the best performance, reliability and an easy Setup for all kind of riders. If you have any questions just contact your local dealer, your national FAST Distributor or FAST Suspension France.



2.0 CO2 CARTRIDGE INSTALLATION

**Make sure that your cartridge is installed by a bicycle mechanic who has been working successfully on Bicycle Suspension Products before!
Always work with good tools and work in a clean surrounding!**

2.1 Remove the original Compression and Rebound unit of your fork

2.2 Clean your casting and your removed stanction - (change your seals if necessary / remove the lower distance washer on Boxxer RC/Race Castings)

2.3 Put the stanction inside the casting

2.4 Put cartridge inside the stanction from the top and fix it on the bottom.

2.5 Fill the right amount of oil (see chart below) in the stanction from the top

2.6 Screw the Top-Cap inside the stanction

2.7 For bleeding the cartridge close the rebound and compression and push and pull the stanction 10 times complete in and out to get the air out of the cartridge above the open-oil-bath-level.

3.0 How to set the CO3 CARTRIDGE

3.1 General setup information

On our previous version CO2 (2 ways) model we proposed 3 different valvings to match perfectly with your weight and riding level and riding style.

The CO3 cartridge gives you a wide setting range, without the past time problem of a bad oppositional influence of low and high speed compression, when using such a wide range for setting.

Due to the fact that this problem has been solved we can propose a standard shim-setup and propose the following base setups.

3.2 Compression base setup

Our goal is to provide you the base setup to start with. From here you can get your fine tune :

Soft « valving » :	- 20 clicks low speed	- 20 clicks high speed
Medium « valving » :	- 15 clicks low speed	- 18 clicks high speed
Hard « valving » :	- 10 clicks low speed	- 14 clicks high speed

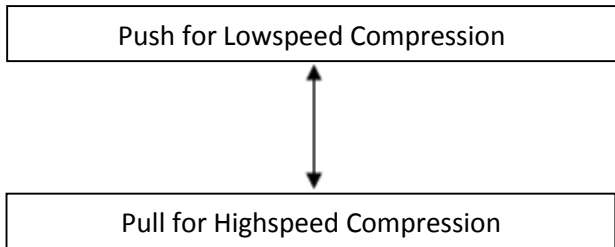
OK2C compression Unit



To set clicks, we always count from fully closed to full open

Example : -10 clics = start from fully close (clockwise direction) , turn 10 clicks anti clockwise rotation

For setting the High Speed compression it is normal that there is more force needed then for the lowspeed, as a spring has to be preloaded for High Speed.



Right way to set the compression:

- 1. Close High Speed Compression**
- 2. Close Low Speed Compression**
- 3. Open Low Speed Compression**
- 4. Open High Speed Compression**

When changing the knob from low to high or from high to low, you need tu turn a little bit left/right for jumping in.

3.2 Rebound base setup

Use the rebound knob on top the cartridge for the rebound setup.

3.3 Oil level Information

As mentioned above, you can play with the oil level in your open bath for more or less progression of the damping. Here you find the different oil levels shown in milliliters (ml) for the different forks.

Amount of oil in ml	Minimum	Standard	Maximum
FOX 34 29 140mm	150	160	170
FOX 34 26/27,5 140-160mm	150	160	170
FOX 36 26/27,5 140-160mm	170	185	200
FOX 36 26/27,5 170-180mm	190	200	210
FOX 40 26/27,5	290	300	310
Rock Shox Boxxer 26/27,5	230	250	270
Rock Shox Domain DC 26/27,5	230	250	270

The cartridge is delivered with 5WT DampChamp Oil from r.s.p. Supreme Bicycle Care. This oil was chosen while a dynamometer test of all well-known suspension oils in the workshop of FAST Suspension and is officially proposed as high performance oil for this cartridge.



4. Warranty and Service Intervals

Each CO3 Cartridge has got a production number on it, so it could easily be checked when the cartridge has been bought. FAST Suspension gives 24 month warranty under the requirements below, and is known for a customer oriented processing.

4.1 Requirements for the 24month warranty

Your cartridge performs well? That's how it should be. But due to the fact that this product has to work hard in your fork it also needs maintenance.

Bring your CO3 Cartridge to your national FAST Suspension Service Center for a service within 12 month after the purchase to keep the 24month warranty. For more information please contact your dealer, national FAST Suspension Distributor or FAST Suspension France.

4.2 Possible decline of the warranty

When a cartridge has been opened by the customer, FAST Suspension or the national Distributor can decline the warranty if the occurred problem (warranty-reason) is a consequence of a wrong "maintenance"... Again we are customer oriented and try to get your product running again as fast as possible if there is any problem.

FAST Suspension, PA Les Landes de Penthièvre, 22640 PLESTAN, France
Tel: +33 (2) 96 34 17 74

fabien@fast-suspension.com