Triumph Speed Triple R (2016) - Suspention Settings Progression

	Track								Passenger				Sport					Road
Front Rebound	**9**	9	9	9	10	10	10	10	**10**	10	11	11	**11**	12	13	14	15	**16**
Front Compression	**9**	9	10	10	11	11	11	12	**12**	13	14	15	**16**	17	17	18	18	**19**
Rear Rebound	**7**	7	7	7	7	8	8	8	**8**	9	10	10	**11**	12	13	14	15	**16**
Rear Compression	**7**	8	9	10	11	12	13	14	**15**	16	17	17	**18**	18	18	19	19	**19**