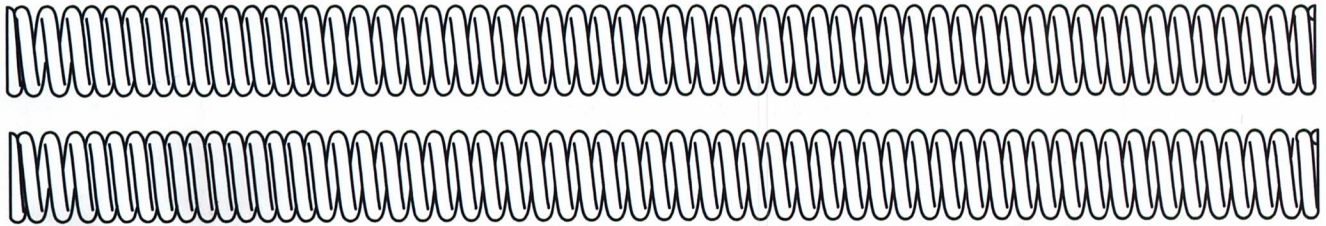




INSTALLATION INSTRUCTIONS

FORK SPRING KIT FOR 2016 & LATER* TRIUMPH
LIQUID COOLED TWINS



ATTENTION!

Statements in these instructions that are preceded by the following words are of special significance:



This symbol means there is the possibility of injury to yourself or others.



This symbol means there is the possibility of damage to the vehicle.

NOTE:

Information of particular importance has been placed in italics.

LIFETIME LIMITED WARRANTY

Progressive Suspension warrants to the original purchaser this part to be free of manufacturing defects in materials and workmanship with a lifetime limited warranty. In the event warranty service is required, you must call Progressive Suspension immediately with a description of the problem.

If it is deemed necessary for Progressive Suspension to make an evaluation to determine whether the part is defective, a return authorization number will be given by Progressive Suspension. The parts must be packaged properly so as to not cause further damage and returned prepaid to Progressive Suspension with a copy of the original invoice of purchase and a detailed letter outlining the nature of the problem. If after the evaluation by Progressive Suspension the part was found to be defective it will be repaired or replaced at no cost to you. If we replace it, we may replace it with a reconditioned one of the same design.

Progressive Suspension shall not be held liable for any consequential or incidental damages resulting from the failure of a Progressive Suspension part. Progressive Suspension shall have no obligation if a part becomes defective as a result of improper installation or abuse.

IMPORTANT NOTICE

Removing and replacing fork springs must be performed by a qualified mechanic & according to steps outlined in a professional workshop manual that relates to your particular make, model & year motorcycle.

The vehicle must be securely blocked to prevent it from dropping or tipping when the forks/fork springs are removed. Failure to do so can cause serious damage and/or injury.

Progressive Suspension Fork Springs are designed to work with the OEM (Original Equipment) forks. Use of this product on any forks other than OEM may produce an unsatisfactory ride & void the warranty.

RECOMMENDED TOOLS

SOCKET: 30MM

HEX KEY: 6MM

WRENCH: 14MM

FORK BLEED TOOL: MOTION PRO 08-0648 OR EQUIV.

PROGRESSIVE SUSPENSION FOL-2 FORK OIL LEVEL ADJ. OR EQUIV.





FORK SPRING KIT FOR TRIUMPH LIQUID COOLED TWINS



CHANGING THE CHASSIS AND/OR SUSPENSION ON ANY VEHICLE WILL CHANGE THE HANDLING CHARACTERISTICS OF THAT VEHICLE. CARE SHOULD BE TAKEN WHEN OPERATING THE VEHICLE WITH SUCH MODIFICATIONS WHILE GETTING ACCUSTOMED TO THE NEW HANDLING CHARACTERISTICS.

INSTALLATION

Read all the instructions carefully before installing this kit on your motorcycle. Use your factory authorized service manual as a reference while installing this kit.

NOTE:

The left and right forks have different internals on some models.

1. Support and lift the motorcycle securely so the front wheel is off the ground. The balance point is toward the front of the engine.
2. Remove the fork caps.
3. Remove the OEM fork spacer(s), washer(s) & spring(s) from both forks according to instructions contained in your factory service manual.

NOTE:

For maximum performance we highly recommend that the forks be disassembled and thoroughly cleaned, inspected and new Progressive Suspension Standard (SAE 10W) fork oil installed.

4. Before installing the new springs & preload spacers, it is crucial that you make sure you've installed the proper fork oil and the oil level is correct. We recommend Progressive Suspension Standard SAE10w fork oil. **To check the oil level properly you must have the springs and spacers removed, cycle the forks & cartridge several times to purge any trapped air and then completely compress the forks & cartridge. You then measure from the top of the fork tube to the oil level.** Add/remove oil to achieve measurements indicated for your bike model in Table 1.



NEVER ADD TOO MUCH OIL RESULTING IN A MEASUREMENT LESS THAN INDICATED FOR EACH FORK WHEN USING THIS SPRING KIT!

5. The Progressive Suspension fork spring kit is a direct replacement of your OEM springs. After confirming the fork oil level in each fork, install a supplied Progressive Suspension spring (tight wound coils at the bottom), a supplied flat washer and a spacer cut (from the supplied PVC tubing) to the indicated length(s) for you bike model in Table 2. You may also reuse the OEM washer (if present) between the spacers and fork springs if you prefer.
6. Reinstall the forks and any other components previously removed per your factory authorized service manual. Remove motorcycle from lift and recheck all fasteners for proper tightness per your factory authorized manual.





FORK SPRING KIT FOR TRIUMPH LIQUID COOLED TWINS

Model (Liquid Cooled)	Year	Left Fork Oil Level	Right Fork Oil Level
T100	2016 up*	140mm	140mm
T120	2016 up*	147mm	125mm
Speed Twin	2016 up*	110mm	110mm
Street Scrambler	2016 up*	145mm	125mm
Street Twin	2016 up*	145mm	125mm
Thruxton 1200	2016 up*	155mm	135mm

Table 1

Model (Liquid Cooled)	Year	Left Spacer Length	Right Spacer Length
T100	2016 up*	110mm	110mm
T120	2016 up*	108mm	38mm
Speed Twin	2016 up*	6mm	6mm
Street Scrambler	2016 up*	115mm	35mm
Street Twin	2016 up*	93mm	15mm
Thruxton 1200	2016 up*	85mm	15mm

Table 2

FINE TUNING

FORK OIL: Though we recommend using SAE10wt fork oil, oil viscosity can be changed to alter damping characteristics. Heavier oil to increase damping. Lighter oil to decrease damping. Change in 5 weight increments (i.e. from 10wt to 15wt). Oil viscosity will have more effect on rebound damping than compression damping, too high a viscosity can create harshness on sharp edge bumps. The oil level also affects the ride, too high an oil level and the forks will feel too stiff, too low an oil level and the bike will bottom and feel soft or dive excessively. As stated previously, when using this spring kit **NEVER adjust the fork oil level to produce a measurement less than indicated for your bike model in Table 1. Measured with fork springs & spacers removed, forks & cartridge compressed, from the top of the fork tube- or damage will occur.**

SPACER LENGTH: Spacer length may also be altered from the length recommended as a way to fine tune your front ride height. Increasing the spacer length by 5mm (in both forks) for example will raise the front ride height by approximately 5mm as well as increase resistance to front end bottoming.

OEM FORK CAP

SUPPLIED PVC PRE-LOAD SPACER (CUT TO LENGTHS INDICATED IN TABLE 2)

SUPPLIED OR OEM WASHER

SUPPLIED SPRING INSTALLED TIGHT WOUND COILS DOWN

BE SURE TO SET LEFT & RIGHT FORK OIL LEVELS AND SPACER LENGTHS USING THE INFORMATION IN TABLES 1 & 2 FOR YOUR PARTICULAR BIKE MODEL

TECHNICAL INFO

Our technical staff will assist you if you have any problems or questions. Call (714) 523-8700 from 8am to 4pm PST.



FS KIT: 11-1583

Make	Model	From	To	Rate	Stock Length	Spacer Length (in)	Notes
TRIUMPH	Bonneville T100 (liquid cooled)	2016	2019	Standard		4.33	09, 18
TRIUMPH	Bonneville T120 (liquid cooled)	2016	2019	Standard		4.25L, 1.50R	09, 18
TRIUMPH	Speed Twin	2019	2020	Standard		0.24	09, 18
TRIUMPH	Street Scrambler	2016	2019	Standard		4.53L, 1.38R	09, 18
TRIUMPH	Street Twin	2016	2019	Standard		3.66L, 0.59R	09, 18
TRIUMPH	Thruxton 1200	2016	2018	Standard		3.35L, 0.59R	09, 18

Notes:

09	Remove and discard the stock spacer.
18	Cut the included spacer to length indicated.