

# MTB Suspension Use

Tick one box for each hour of riding  
1 hour of bike park, free ride or racing counts for 2

Why?  
Because no  
service = no  
suspension

Bike:

Suspension is new or  
just had full service

X									

50 hours

100h is time for full service

The full, complete one, no just new wipers



Provided to you by PMB / Vite Suspension  
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