



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 manufactured 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 CO3 CARTRIDGE INSTALLATION

Make sure that your cartridge is installed by a bicycle mechanic who has worked 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 paragraph 3.3) 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.

Information about installation problems of a few Boxxer Castings:

Due to the 2way compression-adjustment the CO3 does not have the same spherical foot like the antecessor CO2. So the cartridge can only be installed 100% straight, if the inside of the casting is 100% flat. In some productions of Boxxer Castings this is not the case. Here for we have a special tool to get the inside flat. So if your cartridge hasn't been installed



in a FAST Service Center and you find the problem above, please contact your national Service center or the national Distributor of FAST Suspension.

3.0 How to set the CO3 CARTRIDGE

3.1 Compression base setup

Our goal is to provide you with the base setup to start. From here you can 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 fully open

Example : -10 clics = start from fully closed (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.



Push for Lowspeed Compression

Pull for Highspeed Compression

Correct 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 to turn a little bit left/right to adjust.



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 will find the different oil levels shown in milliliters (ml) for the different forks.

Amount of oil in ml	RockShox Boxxer	FOX 40
MINIMUM QUANTITY:	220	300
STANDARD QUANTITY:	250	310
MAXIMUM QUANTITY:	290	320

The cartridge is delivered with 5WT DampChamp Oil from r.s.p. Supreme Bicycle Care. This oil was chosen over other well-known suspension oil during dynamometer testing in the FAST workshop. It is now our preferred high performance oil for this cartridge.

4. Warranty and Service Intervals

Each CO3 Cartridge has a serial number, so it can easily be checked when the cartridge was purchased. 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. However 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, for whatever reason the cartridge is opened by unauthorized personnel, the warranty could be deemed invalid may we stress are, we are customer oriented and try to get your product running again as fast as possible if there is any problem.

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