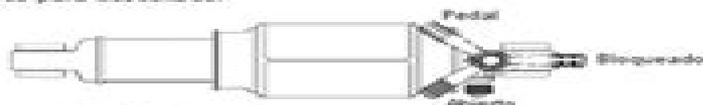


Specialized Biogones con amortiguadores Triad

Algunas bicicletas Specialized tienen un amortiguador Triad de FOX Racing Shox. El Triad tiene tres ajustes de suspensión sobre la marcha: 1) Totalmente Bloqueado, 2) ProPedal para un mayor rendimiento y 3) Totalmente abierto y acolchado. Normalmente, la posición Bloqueada se emplea para esalar y para carretera, la posición ProPedal para tramos en los que se requiere una combinación de control y rendimiento y la posición de totalmente abierto y acolchado es para descensos.



Amortiguador de tracción HQ Razorback

El HQ Razorback está equipado con un amortiguador de tracción FOX Racing Shox FLOAT RL. Para obtener el mejor rendimiento del amortiguador HQ Razorback, es necesario ajustar la suspensión. El primer paso es ajustar la presión de aire cuando la válvula Schrader en el amortiguador. El valor de presión de aire adecuado es una cuestión de preferencia personal y varía dependiendo del peso y del estilo de conducción del ciclista. Las primeras veces que utilice la bicicleta, pruebe con distintas presiones hasta que encuentre la que mejor se adapte a sus preferencias. Como punto de partida, ajuste la presión de aire (bar) igual a 15% de su peso corporal. Si es necesario, ajuste la presión en incrementos de 0,34 bar hasta adaptarse a sus preferencias personales.

Ajuste del rebote

Los HQ Razorbacks tienen un amortiguador con ajuste del rebote. La amortiguación de rebote se regula por medio de la rueda de rebote roja. La amortiguación de rebote regula la velocidad a la que el amortiguador vuelve a su posición original después de la compresión. El amortiguador tiene 12 posiciones de ajuste desde la posición totalmente cerrada. Cuando el mundo en sentido horario se retrasa el rebote. El valor de rebote adecuado es una cuestión de preferencia personal y varía dependiendo del peso y del estilo de conducción del ciclista. Los ajustes están de acuerdo en que el rebote debe producirse lo más rápidamente posible sin dar contragolpes ni empujar al ciclista fuera del sillín cuando circula por terrenos agrestes. Si el rebote es demasiado lento, la suspensión no tendrá tiempo de entenderse



antes de enfrentarse al siguiente bache. Nota: Cuando la rueda de rebote roja se avanza hacia la posición totalmente interior o en sentido horario, la palanca de bloqueo azul estará floja. Esto es normal.

Mejora de la compresión

Los Razorbacks incorporan un amortiguador con mejora de la compresión. El objeto de la mejora de la compresión es limitar el movimiento de suspensión cuando el ciclista lo desea. Se ajusta con la palanca azul que hay al final del amortiguador. El amortiguador puede orientarse de dos formas en la bicicleta. Si la palanca se sitúa en el lado derecho del amortiguador y la bicicleta (desde el punto de vista del ciclista) gira la palanca hasta que apunte hacia arriba y atrás para una amortiguación de compresión normal. Desde esa posición, gira la palanca 90° hasta que apunte hacia abajo y atrás para una mejora de la compresión. Si la palanca está en el fondo del amortiguador, cuando apunte hacia la izquierda y atrás habrá una amortiguación extra de la compresión que limitará el movimiento de suspensión. Gire la palanca 90° hasta que apunte hacia la derecha y atrás para una amortiguación de compresión normal.

Peso del ciclista Libras (Kilogramos)	Presión del aire (bar)
90-100 (41-45)	8,27-8,99
100-110 (45-50)	8,99-9,58
110-120 (50-54)	9,58-10,27
120-130 (54-60)	10,27-10,95
130-140 (60-64)	10,95-11,63
140-150 (64-68)	11,63-12,34
150-160 (68-73)	12,34-13,03
160-170 (73-77)	13,03-13,72
170-180 (77-82)	13,72-14,41
180-190 (82-86)	14,41-15,10
190-200 (86-91)	15,10-15,79

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J Rink



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Furniture Manufacturer and Artisan ,1920 **The Antique Automobile** ,1964 Includes a tenth anniversary issue dated
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Psychology of Sport Excellence Tsung-Min Hung,2009 In this book leading international experts in their respective fields
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various theoretical and practical issues related to the use of psychological programs in elite individual and team sports The
objectives of the book are threefold to examine theoretical and practical aspects of the use of psychological preparation in
elite sports to present the psychological interventions strategies and techniques utilised by experienced sport psychology
consultants who have worked with elite athletes for many years to describe the philosophies of consultation procedures to be
used and consultation frameworks of sport psychology consultants working with elite athletes from different cultures regions
and continents around the globe The knowledge gleaned from this book can be used in psychological preparations aimed to
help elite athletes in individual and team sports improve their psychological skills and mental readiness for practices games
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