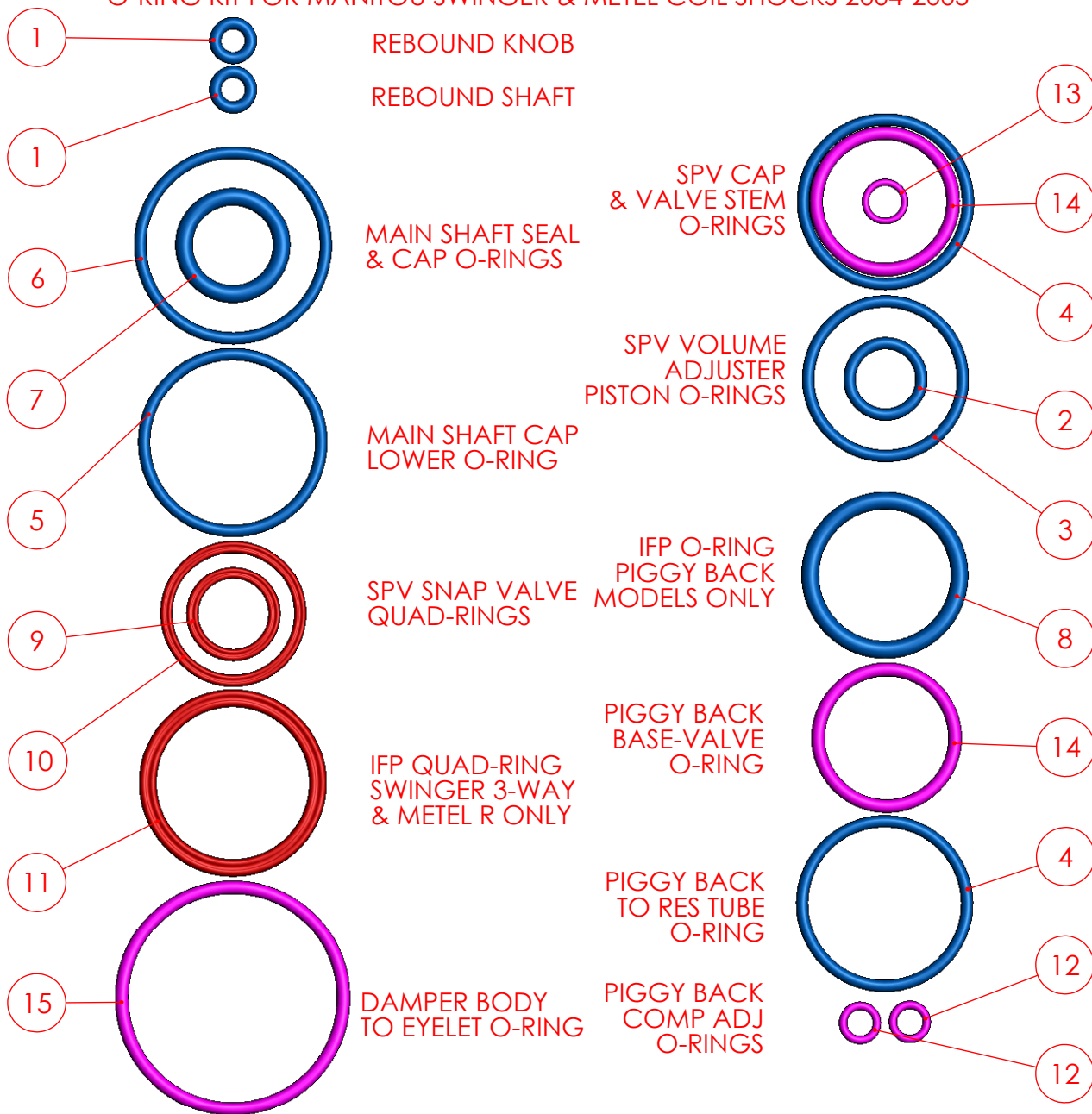


O-RING KIT FOR MANITOU SWINGER & METEL COIL SHOCKS 2004-2005



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## SERVICE INFO FOR MANITOU SWINGER & METEL COIL SHOCKS 2004-2005

Oil Specification: Motorex 2.5wt (15 cSt)  
IFP Depth: See Table  
IFP Fill: Schrader Valve (SWINGER), IFP Keychain tool (METEL)  
IFP-SPV Pressure: 50-175psi - This pressure sets compression damping  
IFP Pressure Metel: 200psi - has no effect on damping

### IDENTIFICATION:

SWINGER SHOCKS HAVE RED SPV AIR PRESSURE VALVE TO SET COMPRESSION  
METEL SHOCKS HAVE A SMALL 5 POINT SCREW CAP INSTEAD

**SWINGER 3 WAY** IS AN INLINE SHOCK WITH SPV DAMPER

- ADJUSTABLE REBOUND, PRELOAD AND SPV PRESSURE (3 WAY ADJUSTABLE)

**SWINGER 4 WAY** IS A PIGGY BACK SHOCK WITH SPV DAMPER

- ADJUSTABLE REBOUND, PRELOAD, SPV VOLUME AND PRESSURE (4 WAY ADJUSTABLE)

**SWINGER 6 WAY** IS A PIGGY BACK SHOCK WITH SPV DAMPER & COMP ADJUSTERS

- ADJUSTABLE REBOUND, PRELOAD, LOW SPEED COMPRESSION, HIGH SPEED COMPRESSION, SPV VOLUME AND PRESSURE (6 WAY ADJUSTABLE)

**METEL R** IS AN INLINE SHOCK WITH SHIM STACK DAMPER

- ADJUSTABLE PRELOAD AND REBOUND DAMPING

**METEL RP** IS A PIGGY BACK SHOCK WITH SHIM STACK DAMPER

- ADJUSTABLE PRELOAD AND REBOUND DAMPING

**METEL RPA** IS A PIGGY BACK SHOCK WITH SHIM STACK DAMPER

- ADJUSTABLE PRELOAD, REBOUND DAMPING & COMPRESSION DAMPING

IFP DEPTH ON INLINE SHOCKS  
(SWINGER 3 WAY AND METEL R)  
SET BY BOTTOMING SHAFT TO THREADS  
WITH NO BUMPER ON THE SHAFT

IFP Depth TO PISTON OUTER LIP	SWINGER 4-6 WAY COIL	2004-2005 TOOLED VOLUME
Stroke Metric	Stroke Imperial	IFP Depth (mm)
38	1.5 inch	35
51	2 inch	38.5
57	2.25 inch	40
63	2.5 inch	41.5
70	2.75 inch	43
76	3 inch	44.5

BEST MANUAL BLEED IS BY THE  
SHAFT HOLE WHEN HEAD AND  
REBOUND NEEDLE REMOVED

### TOOLS & SPARES:

EYELET BUSHINGS

- Shockcraft 12mm DU bushing

SHAFT WIPER

- Shockcraft 0.5 IN D Type Wiper Seal - NBR or PU

SHAFT BUSHING

- Shockcraft 12.7 x 14.7 x 12.7 DU Bushing (Norglide)

IFP KEYCHAIN TOOL - IFP Valve Tool Keychain (Manitou) HB-83-2694

Needed for METEL shocks for the 5 point cap and IFP recharge