



	12 gram		16 gram		25 gram	
	PSI	BAR	PSI	BAR	PSI	BAR
Road 700c	90	6.2	120	8.3	NOT DECC	MMENDED
Touring 700c	62	4.3	88	6		
Cross 700c	38	2.6	55	3.8	80	5.5
MTB 26"	30	1.7-2	40	2-2.8	50-60	3.5-4.1
MTB 29"	25	1.7	30	2	45	3.1

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CAUTION: Do not overinflate. Refer to tire specification and always use a gauge to determine proper inflation. Inflation Guide is for reference only. Tire size, temperature and other factors can affect final pressure reading.