

Spohn Performance | Support Center

What spring rates do you recommend for the Q-OED7855P, Q-RC7855P and Q-DOE7855P front coil over shocks for the 1993-2002 GM F-Body?

When running the QA1 OED7855P, RC7855P or DOE7855P front coil-over shocks we recommend the following QA1 front spring rates:

275# springs: A lightweight (< 3,000 lbs.) drag only car

300# springs: A full weight (> 3,000 lbs.) street/strip car

325# springs: A full weight (> 3,000 lbs.) street car wanting good handling

<https://www.spohn.net/support/questions/36/>