

Suspension Fluid

AMSOIL SHOCK THERAPY(R) #10 MEDIUM SUSPENSION FLUID

Product Code: STMQT-EA



Product Description

AMSOIL Shock Therapy #10 Medium Suspension Fluid delivers consistent, fade-free damping for forks and shocks across motorcycles, ATVs, UTVs, snowmobiles, and circle-track racing applications. Built on high-quality synthetic base oils, it maintains predictable suspension feel where conventional fluids break down.

Suspension fluid does more than fill a chamber. It controls how your forks and shocks respond to every bump, dip, and landing. Aggressive riding heats fluid rapidly, thinning it out and changing the damping characteristics you set up before the ride. The result is soft, inconsistent suspension behavior that robs you of control exactly when you need it most. A fluid that holds its viscosity across a wide temperature range keeps your suspension working the way you tuned it.

RESISTS VISCOSITY FADE UNDER EXTREME HEAT

Hard trail riding, motocross laps, and circle-track sessions generate serious heat inside fork tubes and shock bodies. As temperature climbs, conventional suspension fluids lose viscosity, which changes damping rates and makes your suspension feel progressively softer and less controlled. AMSOIL Shock Therapy #10 Medium is formulated with synthetic base oils that carry a viscosity index of 206, measured per ASTM D2270. That high VI means the fluid's resistance to flow stays far more stable from cold starts to peak operating temperatures, so your damping setup stays where you put it.

PREDICTABLE FEEL WITH ANTI-FOAM TECHNOLOGY

Air trapped in suspension fluid compresses under load, creating a spongy, unpredictable feel through the stroke. Foam and aeration are common problems in high-frequency suspension cycling, like repeated whoops sections on a dirt bike or sustained rough terrain on a UTV. AMSOIL Shock Therapy #10 Medium contains anti-foam agents tested per ASTM D892. In Sequence I, II, and III foam testing, the fluid produced 60/0, 50/0, and 60/0 ml results respectively, confirming rapid foam collapse and minimal aeration under sustained agitation.

REDUCES FRICTION FOR EFFICIENT SUSPENSION RESPONSE

Internal friction between seals, bushings, and the shock body absorbs energy that should be going into damping. That friction-related energy loss makes the suspension less responsive, particularly on small bumps and chatter where precise movement matters. AMSOIL Shock Therapy #10 Medium includes friction modifiers that reduce stiction and energy loss, allowing the suspension to react more freely and accurately. Four-ball wear testing per ASTM D4172 at 40 kgf, 75 degC, and 1200 rpm for 1 hour produced a scar diameter of just 0.42 mm, demonstrating strong anti-wear performance that protects internal shock and fork components from premature wear.

CONDITIONS SEALS FOR LONGER SERVICE LIFE

Dried-out or hardened seals lead to leaks, contamination, and costly rebuilds. This is especially common on Harley-Davidson fork

tubes, dirt bike forks, and snowmobile shocks that sit through seasonal storage. AMSOIL Shock Therapy #10 Medium contains seal conditioners that keep elastomers pliable and functional, helping prevent the kind of slow seepage that eventually requires a full fork seal replacement.

APPLICATIONS AND COMPATIBILITY

AMSOIL Shock Therapy #10 Medium is recommended for suspension systems where more damping control and slower rebounds are desired. It is compatible with forks and shocks made by Fox, Koni, Öhlins, Race Tech, and WP, as well as Harley-Davidson forks that recommend type "E" or "B" fork oil. It also fits applications requiring Afnor E 48-603, BF Goodrich 0152 (except PM 500 Series), Denison HF-0, HF-1, and HF-2, DIN 51524 Part 2, Ford M6C-32, Lee Norse 100-1, and Racine Variable Vane Pump specifications. Use it in forks and shocks on snowmobiles, dirt bikes, motorcycles, ATVs, UTVs, cars, trucks, and other racing or recreational-use vehicles operating in extreme conditions. For winter-specific applications, AMSOIL recommends the Light #5 variant. To cross-reference against your current fork oil or shock fluid, visit [AMSOIL.com/shockfluidcrossreference](https://www.amsoil.com/shockfluidcrossreference).

SERVICE LIFE

Change intervals should follow the shock or fork manufacturer's recommendations, or rebuild schedules based on your riding conditions. Racing and aggressive off-road use will naturally require more frequent service than street or recreational riding.

Technical Specifications

Property	Test Method	#10 Medium (STM)
Viscosity @ 100 degC, cSt	ASTM D445	7.3
Viscosity @ 40 degC, cSt	ASTM D445	31.8
Viscosity Index	ASTM D2270	206
Flash Point, degC (degF)	ASTM D92	192 (378)
Fire Point, degC (degF)	ASTM D92	208 (406)
Pour Point, degC (degF)	ASTM D97	-48 (-54)
Four-Ball Wear @ 40 kgf, 75 degC, 1200 rpm, 1 hr, scar diameter, mm	ASTM D4172	0.42
Foam, ml (Seq. I, II, III)	ASTM D892	60/0, 50/0, 60/0

Frequently Asked Questions

Q1: What vehicles and equipment is AMSOIL Shock Therapy #10 Medium Suspension Fluid designed for?

AMSOIL Shock Therapy #10 Medium Suspension Fluid (STMQT-EA) is developed for a wide range of suspension systems across cars, trucks, motorcycles, ATVs, UTVs, and snowmobiles. It is also ideal for circle-track racing applications. AMSOIL provides a cross-reference tool at [AMSOIL.com/shockfluidcrossreference](https://www.amsoil.com/shockfluidcrossreference) to help match it against your current suspension fluid product.

Q2: How does AMSOIL Shock Therapy #10 Medium Suspension Fluid improve suspension performance?

AMSOIL Shock Therapy #10 Medium Suspension Fluid is formulated to make suspension systems more predictable by controlling damping and rebounds. It contains anti-foam agents that reduce aeration and foam, promoting a consistent and smooth suspension feel. Additionally, friction modifiers reduce energy loss due to friction for optimum efficiency, while anti-wear agents protect shocks and forks from premature wear for extended component life.

Q3: What does high viscosity index mean for AMSOIL Shock Therapy #10 Medium Suspension Fluid?

A high viscosity index means the fluid maintains its viscosity more consistently across a wide range of temperatures. AMSOIL Shock Therapy #10 Medium Suspension Fluid uses high-viscosity-index base oils that help prevent fade under extreme temperatures, ensuring maximum suspension performance whether operating in intense heat during racing or cold conditions on a snowmobile trail.

Q4: How does AMSOIL Shock Therapy #10 compare to generic fork oil for motorcycles?

AMSOIL Shock Therapy #10 Medium Suspension Fluid is a race-grade suspension fluid formulated with anti-foam agents, friction modifiers, and anti-wear agents that generic fork oils typically lack. Verified motorcycle owners report noticeably smoother rides, improved handling in curves, and better performance across hot and cold temperatures compared to generic fork oil. One verified buyer also reported that switching to AMSOIL #10 resolved persistent fork seal leaking issues.

Q5: What package sizes are available for AMSOIL Shock Therapy #10 Medium Suspension Fluid?

AMSOIL Shock Therapy #10 Medium Suspension Fluid is available in three package sizes: a Quart Bottle (available individually or in a case of 12), a 5 Gallon Pail, and a 55 Gallon Drum. The quart bottle is priced at \$19.39 at the Preferred Customer price, which saves \$4.20 off the retail price. The larger pail and drum sizes are suited for racing teams, shops, or high-volume users.

Q6: Is AMSOIL Shock Therapy #10 Medium Suspension Fluid safe for motorcycle fork seals?

Yes, AMSOIL Shock Therapy #10 Medium Suspension Fluid includes seal conditioners specifically formulated for extended service life of suspension seals. Verified motorcycle owners have reported that switching to this fluid helped resolve leaking fork seal issues. The seal conditioners help keep seals supple and functioning properly, reducing the risk of premature seal failure and fluid leaks.

Available Product Codes

Product Code	Package Size	Unit of Measure
STMQT-EA	Quart Bottle	Each
STMQT-CA	Quart Bottle	Case of 12
STM05-EA	5 Gallon Pail	Each
STM55-EA	55 Gallon Drum	Each

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