Testing is now complete.  
  
190 ml of fork oil in each front suspension unit is optimal for my '74 850. (200 ml also worked fine re mark-up).  
  
This volume has nothing to do with rebound damping. It simply determines the air space critical for progressive pneumatic damping to augment the linear compression springs that I use.  
  
No noticeable change riding on 'regular' surfaces... air compression regulates 'plunge' on rough roads, hard braking, etc.  
  
Sealing is critical... at the stanchion/slider and at the top cap.  
  
Note: top cap is screwed in place with suspension unit fully extended.  
  
Yes... it is that simple.

See Less