



SUSPENSION SETUP



Fork: FOX 40 Float FIT Factory Kashima 200mm

Follow FOX 40 recommended settings on the left back side of the casting.
Mondraker recommended FOX 40 Float FIT Factory Kashima settings based on Rider weight & Downhill application:

SAG		RECOMMENDED SETTING*		
rider weight	air pressure	clicks from full open		
lbs / kg	psi	rebound	HSC	LSC
120 / 54	49	5-6	1-2	1-2
140 / 64	56	6-7	3-4	2-3
160 / 73	63	7-8	5-6	3-4
180 / 82	70	8-9	7-8	4-5
200 / 91	77	9-10	9-10	5-6
220 / 100	84	10-11	11-12	6-7
240 / 109	91	11-12	13-14	7-8

Suggested fork sag 20%

Rear shock: FOX DHX2 Factory Kashima

Size S: 450lbs **Size M:** 500lbs **Size L/XL:** 550lbs

SAG		RECOMMENDED SETTING*			
rider weight	spring rate	clicks from full open			
lbs / kg	lbs	HSC	LSC	HSR	LSR
120 / 54	450	1	2	3	3
140 / 64	450	2	3	4	4
160 / 73	500	3	4	5	5
180 / 82	500	4	5	5	6
200 / 91	550	5	6	6	7
220 / 100	550	6	7	7	8
240 / 109	550	7	8	8	9

Settings based on Downhill application & 35% recommended sag

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: FOX 40 Float FIT4 LSC EVOL Performance Elite 200mm

Follow FOX 40 recommended settings on the left back side of the casting.
Mondraker recommended FOX 40 Float FIT4 fork settings based on Rider weight & Downhill application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	49	5-6	1
140 / 64	56	6-7	1
160 / 73	63	7-8	1
180 / 82	70	8-9	2
200 / 91	77	9-10	4
220 / 100	84	10-11	6
240 / 109	91	11-12	8

Suggested fork sag 20%

Rear shock: FOX DHX2 Performance Elite

Size S: 450lbs **Size M:** 500lbs **Size L/XL:** 550lbs

SAG		RECOMMENDED SETTING*	
rider weight	spring rate	clicks from full open	
lbs / kg	lbs	spring compression	rebound
120 / 54	450	2-4	5-6
140 / 64	450	4-6	6-7
160 / 73	500	6-8	8-9
180 / 82	500	8-10	9-10
200 / 91	550	10-12	11-12
220 / 100	550	12-14	12-13
240 / 109	550	14-16	13-14

Settings based on Downhill application & 35% recommended sag

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: FOX 40 Float FIT4 LSC EVOL Performance Elite 200mm

Follow FOX 40 recommended settings on the left back side of the casting.
Mondraker recommended FOX 40 Float FIT4 fork settings based on Rider weight & Downhill application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	49	5-6	1
140 / 64	56	6-7	1
160 / 73	63	7-8	1
180 / 82	70	8-9	2
200 / 91	77	9-10	4
220 / 100	84	10-11	6
240 / 109	91	11-12	8

Suggested fork sag 20%

Rear shock: FOX DHX2 Performance Elite

Size S: 450lbs **Size M:** 500lbs **Size L/XL:** 550lbs

SAG		RECOMMENDED SETTING*	
rider weight	spring rate	clicks from full open	
lbs / kg	lbs	spring compression	rebound
120 / 54	450	2-4	5-6
140 / 64	450	4-6	6-7
160 / 73	500	6-8	8-9
180 / 82	500	8-10	9-10
200 / 91	550	10-12	11-12
220 / 100	550	12-14	12-13
240 / 109	550	14-16	13-14

Settings based on Downhill application & 35% recommended sag

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: Marzocchi 380 CR coil 200mm

Mondraker recommended Marzocchi 380 CR coil fork settings based on Rider weight & Downhill application:

SAG		RECOMMENDED SETTING*
rider weight	spring preload	clicks from full open
lbs / kg	turns	rebound
120 / 54	1	3-4
140 / 64	1	4-5
160 / 73	2	5-6
180 / 82	2	6-7
200 / 91	2	6-7
220 / 100	2	6-7
240 / 109	2	6-7

Suggested fork sag 20%

Size S/M: k=6.5 N/mm
Size L/XL: k=7.7 N/mm

Rear shock: FOX VAN RC Performance

Size S: 400lbs **Size M:** 450lbs **Size L/XL:** 500lbs

SAG		RECOMMENDED SETTING*	
rider weight	spring rate	clicks from full open	
lbs / kg	lbs	spring compression	rebound
120 / 54	400	1	6-7
140 / 64	400	2	7-8
160 / 73	450	3	8-9
180 / 82	450	4	9-10
200 / 91	500	5	10-11
220 / 100	500	6	11-12
240 / 109	500	7	12-13

Settings based on Downhill application & 35% recommended sag

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: FOX 36 Float FIT4 EVOL Factory Kashima 170mm

Follow FOX 36 recommended settings on the left back side of the casting.
Mondraker recommended FOX 36 FIT4 fork settings based on Rider weight & Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	55	3-4	1
140 / 64	64	4-5	1
160 / 73	73	5-6	1
180 / 82	82	6-7	2
200 / 91	91	7-8	4
220 / 100	100	8-9	6
240 / 109	109	9-10	8

Suggested fork sag 20%

Rear shock: FOX DHX2 Factory Kashima

Size S: 400lbs **Size M:** 450lbs **Size L/XL:** 500lbs

SAG		RECOMMENDED SETTING*			
rider weight	spring rate	clicks from full open			
lbs / kg	lbs	HSC	LSC	HSR	LSR
120 / 54	400	1	2	1	2
140 / 64	400	2	3	2	3
160 / 73	450	3	4	3	3
180 / 82	450	4	5	3	4
200 / 91	500	5	6	4	5
220 / 100	500	6	7	5	6
240 / 109	500	7	8	6	7

Settings based on Enduro application & 30-35% recommended sag. Add 2-3 clicks each setting for a more controlled "XC-style" ride.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: FOX 36 Float FIT4 EVOL Factory Kashima 170mm

Follow FOX 36 recommended settings on the left back side of the casting.
Mondraker recommended FOX 36 FIT4 fork settings based on Rider weight & Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clics from full open	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	55	3-4	1
140 / 64	64	4-5	1
160 / 73	73	5-6	1
180 / 82	82	6-7	2
200 / 91	91	7-8	4
220 / 100	100	8-9	6
240 / 109	109	9-10	8

Suggested fork sag 20%

Rear shock: FOX Float X2 Factory Kashima

Size S: 400lbs **Size M:** 450lbs **Size L/XL:** 500lbs

SAG		RECOMMENDED SETTING*			
rider weight	air pressure	clics from full open			
lbs / kg	psi	HSC	LSC	HSR	LSR
120 / 54	125	1	1	1	1
140 / 64	145	1	2	1	2
160 / 73	165	2	2	2	2
180 / 82	185	2	3	2	3
200 / 91	205	3	4	3	4
220 / 100	225	4	5	4	5
240 / 109	245	5	6	5	6

Settings based on Enduro application & 30-35% recommended sag. Add 2-3 clics each setting for a more controlled "XC-style" ride.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: FOX 36 Float Grip EVOL 3P Performance 170mm

Follow FOX 36 recommended settings on the left back side of the casting.
Mondraker recommended FOX 36 Grip EVOL 3P fork settings based on Rider weight & Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	compression
120 / 54	55	3-4	open
140 / 64	64	4-5	open
160 / 73	73	5-6	open
180 / 82	82	6-7	open
200 / 91	91	7-8	open
220 / 100	100	8-9	open
240 / 109	109	9-10	open

Suggested fork sag 20%

Rear shock: FOX Float X2 Performance

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	LSC	LSR
120 / 54	125	1	1
140 / 64	145	2	2
160 / 73	165	2	2
180 / 82	185	3	3
200 / 91	205	4	4
220 / 100	225	5	5
240 / 109	245	6	6

Settings based on Enduro application & 30-35% recommended sag. Add 2-3 clicks each setting for a more controlled "XC-style" ride.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: FOX 36 Float Grip EVOL 3P Performance 170mm

Follow FOX 36 recommended settings on the left back side of the casting.
Mondraker recommended FOX 36 Grip EVOL 3P fork settings based on Rider weight & Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	compression
120 / 54	55	3-4	open
140 / 64	64	4-5	open
160 / 73	73	5-6	open
180 / 82	82	6-7	open
200 / 91	91	7-8	open
220 / 100	100	8-9	open
240 / 109	109	9-10	open

Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
120 / 54	115	1
140 / 64	135	2
160 / 73	155	3
180 / 82	175	4
200 / 91	195	5
220 / 100	215	6
240 / 109	235	7

Settings based on Enduro application & 30-35% recommended sag. Add 2-3 clicks each setting for a more controlled "XC-style" ride.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: RockShox Yari RC 170mm

Follow RockShox Yari recommended settings on the left back side of the casting.
Mondraker recommended RockShox Yari fork settings based on Rider weight & Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	compression
120 / 54	55	4-5	open
140 / 64	60	5-6	open
160 / 73	65	6-7	open
180 / 82	70	7-8	open
200 / 91	75	8-9	open
220 / 100	80	9-10	open
240 / 109	85	10-11	open

Suggested fork sag 20%

Rear shock: RockShox Monarch Plus R

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
120 / 54	80	1
140 / 64	100	1
160 / 73	120	1
180 / 82	130	2
200 / 91	140	3
220 / 100	150	4
240 / 109	160	5

Settings based on Enduro application & 30-35% recommended sag. Add 2-3 clicks each setting for a more controlled "XC-style" ride.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: FOX 34 Float FIT4 EVOL Factory Kashima 150mm

Follow FOX 34 recommended settings on the left back side of the casting.
Mondraker recommended FOX 34 FIT 4 fork settings based on Rider weight
& Enduro_All Mountain application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	55	3-4	1
140 / 64	64	4-5	1
160 / 73	73	5-6	1
180 / 82	82	6-7	2
200 / 91	91	7-8	4
220 / 100	100	8-9	6
240 / 109	109	9-10	8

Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Factory Kashima

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	LSC
120 / 54	115	1	1
140 / 64	135	2	1
160 / 73	155	3	2
180 / 82	175	4	3
200 / 91	195	5	4
220 / 100	215	6	5
240 / 109	235	7	6

Settings based on Enduro_All Mountain application & 30-35% recommended sag. Add 2-3 rebound clicks for a more controlled "XC-style" ride.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: RockShox Pike RCT3 160mm

Follow RockShox Pike recommended settings on the left back side of the casting. Mondraker recommended RockShox Pike RCT3 fork settings based on Rider weight & Enduro_All Mountain application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	LSC
120 / 54	55	5-6	1-2
140 / 64	64	6-7	3-4
160 / 73	73	8-9	5-6
180 / 82	82	9-10	7-8
200 / 91	91	11-12	9-10
220 / 100	100	12-13	11-12
240 / 109	109	13-14	13-14

Suggested fork sag 20%

Rear shock: RockShox SuperDeluxe Coil RCT

Size S: 300lbs **Size M:** 350lbs **Size L/XL:** 400lbs

SAG		RECOMMENDED SETTING*	
rider weight	spring rate	clicks from full open	
lbs / kg	lbs	rebound	LSC
120 / 54	300	1	1
140 / 64	300	1-2	2-3
160 / 73	350	1-2	1-2
180 / 82	350	2-3	2-3
200 / 91	400	3-4	2-3
220 / 100	400	3-4	4-5
240 / 109	400	4-5	5-6

Settings based on Enduro_All Mountain application & 30-35% recommended sag. Add 2-3 rebound clicks for a more controlled "XC-style" ride.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: FOX 34 Float Grip 3P EVOL Performance 150mm

Follow FOX 34 recommended settings on the left back side of the casting.
Mondraker recommended FOX 34 Grip 3P EVOL fork settings based on Rider weight & Enduro_All Mountain application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	compression
120 / 54	55	3-4	Full open
140 / 64	64	4-5	Full open
160 / 73	73	5-6	Full open
180 / 82	82	6-7	Full open
200 / 91	91	7-8	Full open
220 / 100	100	8-9	Full open
240 / 109	109	9-10	Full open

Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
120 / 54	115	1
140 / 64	135	2
160 / 73	155	3
180 / 82	175	4
200 / 91	195	5
220 / 100	215	6
240 / 109	235	7

Settings based on Enduro_All Mountain application & 30-35% recommended sag. Add 2-3 rebound clicks for a more controlled "XC-style" ride.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: RockShox Revelation RC SoloAir 150mm

Follow RockShox Revelation RC recommended settings on the left back side of the casting.
Mondraker recommended RockShox Revelation RC fork settings based on Rider weight & Enduro_All Mountain application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	compression
120 / 54	55	2	Full open
140 / 64	65	3	Full open
160 / 73	75	4	Full open
180 / 82	85	5	Full open
200 / 91	95	6	Full open
220 / 100	105	7	Full open
240 / 109	115	8	Full open

Suggested fork sag 20%

Rear shock: RockShox Deluxe RL Debonair

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
120 / 54	75	1
140 / 64	90	1
160 / 73	105	2
180 / 82	120	3
200 / 91	135	5
220 / 100	150	6
240 / 109	165	7

Settings based on Enduro_All Mountain application & 30-35% recommended sag. Add 2-3 rebound clicks for a more controlled "XC-style" ride.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: RockShox Reba RL SoloAir150mm

Follow RockShox Reba RL recommended settings on the left back side of the casting.
Mondraker recommended RockShox Reba RL fork settings based on Rider weight & Enduro_All Mountain application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	compression
120 / 54	55	1-2	Full open
140 / 64	64	3-4	Full open
160 / 73	73	5-6	Full open
180 / 82	82	7-8	Full open
200 / 91	91	9-10	Full open
220 / 100	100	11-12	Full open
240 / 109	109	13-14	Full open

Suggested fork sag 20%

Rear shock: RockShox Monarch RT SoloAir HV

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
120 / 54	90	1
140 / 64	105	1
160 / 73	120	2
180 / 82	135	3
200 / 91	150	5
220 / 100	165	6
240 / 109	180	7

Settings based on Enduro_All Mountain application & 30-35% recommended sag. Add 2-3 rebound clicks for a more controlled "XC-style" ride.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: FOX 34 Float Rhythm Sweep Adjust EVOL 130mm

Follow FOX 34 Rhythm recommended settings on the left back side of the casting.
Mondraker recommended FOX 34 Rhythm Sweep Adjust EVOL fork settings based on Rider weight & Trail application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	compression
120 / 54	75	2-4	Full open
140 / 64	85	5-7	Full open
160 / 73	95	8-10	Full open
180 / 82	105	11-13	Full open
200 / 91	115	13-15	Full open
220 / 100	125	15-17	Full open
240 / 109	135	17-19	Full open

Suggested fork sag 20%

Rear shock: FOX DPS SV Performance

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
120 / 54	80	3
140 / 64	100	5
160 / 73	120	7
180 / 82	140	9
200 / 91	160	11
220 / 100	180	12
240 / 109	200	13

Settings based on Trail application & 30-35% recommended sag.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: RockShox Recon RL SoloAir 130mm

Follow RockShox Recon RL recommended settings on the left back side of the casting.
Mondraker recommended RockShox Recon RL fork settings based on Rider weight & Trail application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	compression
120 / 54	55	1	Full open
140 / 64	70	2	Full open
160 / 73	85	3	Full open
180 / 82	100	4	Full open
200 / 91	115	4	Full open
220 / 100	130	5	Full open
240 / 109	145	6	Full open

Suggested fork sag 20%

Rear shock: RockShox Monarch RT SoloAir

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
120 / 54	95	2
140 / 64	105	3
160 / 73	115	4
180 / 82	125	5
200 / 91	135	6
220 / 100	145	7
240 / 109	155	8

Settings based on Trail application & 30-35% recommended sag.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: RockShox 30 TK SoloAir 120mm

Follow RockShox 30 TK SoloAir recommended settings on the left back side of the casting.
Mondraker recommended RockShox 30 TK SoloAir fork settings based on Rider weight & Trail application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	compression
120 / 54	55	1	Full open
140 / 64	70	2	Full open
160 / 73	85	3	Full open
180 / 82	100	4	Full open
200 / 91	115	4	Full open
220 / 100	130	5	Full open
240 / 109	145	6	Full open

Suggested fork sag 20%

Rear shock: X-Fusion O2 Pro RL

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
120 / 54	80	1
140 / 64	90	2
160 / 73	100	3
180 / 82	110	4
200 / 91	120	5
220 / 100	130	6
240 / 109	140	7

Settings based on Trail application & 30-35% recommended sag.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: RockShox 30 SoloAir R 100mm

Follow RockShox 30 SoloAir R recommended settings on the left back side of the casting. Mondraker recommended RockShox 30 SoloAir R 100mm fork settings based on Rider weight & Trail application:

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
80 / 36	35	1
90 / 41	38	1
100 / 45	41	1
110 / 50	44	2
120 / 54	47	2
130 / 59	50	3
140 / 64	53	3

Suggested fork sag 20%

Rear shock: RockShox Monarch R SoloAir

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
80 / 36	100	1
90 / 41	110	2
100 / 45	120	3
110 / 50	130	4
120 / 54	140	5
130 / 59	150	6
140 / 64	160	7

Settings based on Trail application & 30-35% recommended sag.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: RockShox 30 SoloAir 80mm

Follow RockShox 30 SoloAir R recommended settings on the left back side of the casting. Mondraker recommended RockShox 30 SoloAir R 80mm fork settings based on Rider weight & Trail application:

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
80 / 36	50	1
90 / 41	60	2
100 / 45	70	2
110 / 50	80	3
120 / 54	90	4
130 / 59	100	4
140 / 64	110	5

Suggested fork sag 20%

Rear shock: RockShox Monarch R SoloAir

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
80 / 36	100	1
90 / 41	110	2
100 / 45	120	3
110 / 50	130	4
120 / 54	140	5
130 / 59	150	6
140 / 64	160	7

Settings based on Trail application & 30-35% recommended sag.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: FOX 36 Float FIT HSC/LSC EVOL Factory Kashima 160mm

Follow FOX 36 recommended settings on the left back side of the casting +10psi suggested for e-Bike application.

Mondraker recommended FOX 36 Float FIT HSC/LSC EVOL Factory fork settings based on Rider weight & e-MTB application:

SAG		RECOMMENDED SETTING*		
rider weight	air pressure	clicks from full open		
lbs / kg	psi	rebound	HSC	LSC
120 / 54	58	3-4	1-2	1-2
140 / 64	67	4-5	2-3	3-4
160 / 73	76	5-6	3-4	5-6
180 / 82	85	6-7	4-5	7-8
200 / 91	94	7-8	5-6	9-10
220 / 100	103	8-9	6-7	11-12
240 / 109	112	9-10	7-8	12-13

Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Factory Kashima

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	LSC
120 / 54	120	1	1
140 / 64	140	1-2	1
160 / 73	160	2-3	2
180 / 82	180	3-4	3
200 / 91	200	4-5	4
220 / 100	220	5-6	5
240 / 109	240	6-7	6

Settings based on e-MTB All Mountain-Enduro application & 30-35% recommended sag.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: RockShox Yari RC 160mm

Follow RockShox Yari recommended settings on the left back side of the casting +10psi suggested for e-Bike application.

Mondraker recommended RockShox Yari fork settings based on Rider weight & e-MTB application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	compression
120 / 54	65	3-4	Full open
140 / 64	74	4-5	Full open
160 / 73	83	5-6	Full open
180 / 82	92	6-7	Full open
200 / 91	101	7-8	Full open
220 / 100	110	8-9	Full open
240 / 109	119	9-10	Full open

Suggested fork sag 20%

Rear shock: RockShox SuperDeluxe R

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
120 / 54	100	1
140 / 64	120	1
160 / 73	140	1
180 / 82	160	2
200 / 91	180	3
220 / 100	200	4
240 / 109	220	5

Settings based on e-MTB All Mountain-Enduro application & 30-35% recommended sag.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: FOX 36 Float 3P EVOL Performance 160mm

Follow FOX 36 Float 3P recommended settings on the left back side of the casting +10psi suggested for e-Bike application.

Mondraker recommended Fox 36 Float 3P fork settings based on Rider weight & e-MTB application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	compression
120 / 54	65	3-4	open
140 / 64	74	4-5	open
160 / 73	83	5-6	open
180 / 82	92	6-7	open
200 / 91	101	7-8	open
220 / 100	110	8-9	open
240 / 109	119	9-10	open

Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
120 / 54	140	1
140 / 64	150	1
160 / 73	160	1
180 / 82	170	2
200 / 91	180	3
220 / 100	190	4
240 / 109	200	5

Settings based on e-MTB All Mountain-Enduro application & 30-35% recommended sag.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: RockShox Yari RC 160mm

Follow RockShox Yari recommended settings on the left back side of the casting +10psi suggested for e-Bike application.

Mondraker recommended RockShox Yari fork settings based on Rider weight & e-MTB application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	compression
120 / 54	65	3-4	Full open
140 / 64	74	4-5	Full open
160 / 73	83	5-6	Full open
180 / 82	92	6-7	Full open
200 / 91	101	7-8	Full open
220 / 100	110	8-9	Full open
240 / 109	119	9-10	Full open

Suggested fork sag 20%

Rear shock: RockShox SuperDeluxe R

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
120 / 54	100	1
140 / 64	120	1
160 / 73	140	1
180 / 82	160	2
200 / 91	180	3
220 / 100	200	4
240 / 109	220	5

Settings based on e-MTB All Mountain-Enduro application & 30-35% recommended sag.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: RockShox Revelation RC SoloAir 140mm

Follow RockShox Revelation RC SoloAir recommended settings on the left back side of the casting +10psi suggested for e-Bike application.

Mondraker recommended RockShox Revelation RC SoloAir fork settings based on Rider weight & e-MTB Trail application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	compression
120 / 54	65	2	Full open
140 / 64	75	3	Full open
160 / 73	85	4	Full open
180 / 82	95	5	Full open
200 / 91	105	6	Full open
220 / 100	115	7	Full open
240 / 109	125	8	Full open

Suggested fork sag 20%

Rear shock: RockShox Monarch RT SoloAir

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
120 / 54	70	1
140 / 64	80	2
160 / 73	90	3
180 / 82	100	4
200 / 91	110	5
220 / 100	120	6
240 / 109	130	7

Settings based on e-MTB Trail application & 30-35% recommended sag.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

Fork: RockShox Judy RL SoloAir 120mm

Follow RockShox Judy RL SoloAir recommended settings on the left back side of the casting +10psi for suggested e-Bike application.

Mondraker recommended RockShox Judy RL fork settings based on Rider weight & e-MTB Trail application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clicks from full open	
lbs / kg	psi	rebound	compression
120 / 54	65	1	Full open
140 / 64	80	1	Full open
160 / 73	95	2	Full open
180 / 82	110	3	Full open
200 / 91	125	4	Full open
220 / 100	140	5	Full open
240 / 109	155	6	Full open

Suggested fork sag 20%

Rear shock: RockShox Monarch R SoloAir

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clicks from full open
lbs / kg	psi	rebound
120 / 54	90	1
140 / 64	100	2
160 / 73	110	3
180 / 82	120	4
200 / 91	130	5
220 / 100	140	6
240 / 109	150	7

Settings based on e-MTB Trail application & 30-35% recommended sag.

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.



Fork: FOX 40 Float FIT GRIP2 EVOL Factory Kashima 203 mm

Follow FOX 40 recommended settings on the left back side of the casting.

Mondraker recommended FOX 40 Float FIT GRIP2 Factory Kashima settings based on Rider weight & Downhill application:

SAG		RECOMMENDED SETTING*			
rider weight	air pressure	click(s) from full open			
lbs / kg	psi	HSR	LSR	HSC	LSC
120 / 54	49	1	5-6	1-4	1-3
140 / 64	56	2-3	6-7	3-7	3-5
160 / 73	63	3-4	7-8	6-10	5-7
180 / 82	70	4-5	8-9	9-13	7-9
200 / 91	77	5-6	9-10	12-16	9-11
220 / 100	84	6-7	10-11	15-19	11-13
240 / 109	91	7-8	11-12	18-22	13-15

Suggested fork sag 20%

**These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions*

Rear shock: FOX DHX2 Factory Kashima

Size S: 450 lbs **Size M:** 500 lbs **Size L/XL:** 550 lbs

SAG		RECOMMENDED SETTING*			
rider weight	spring rate	click(s) from full open			
lbs / kg	lbs	HSC	LSC	HSR	LSR
120 / 54	450	1	2	3	3
140 / 64	450	2	3	4	4
160 / 73	500	3	4	5	5
180 / 82	500	4	5	5	6
200 / 91	550	5	6	6	7
220 / 100	550	6	7	7	8
240 / 109	550	7	8	8	9

Settings based on Downhill application & 35% recommended sag

Fork: FOX 40 Float GRIP EVOL LSC Performance Elite 203 mm

Follow FOX 40 recommended settings on the left back side of the casting.

Mondraker recommended FOX 40 Float GRIP Performance Elite fork settings based on Rider weight & Downhill application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	GRIP compression
120 / 54	49	4-6	1
140 / 64	56	6-8	2
160 / 73	63	8-10	3
180 / 82	70	10-12	4
200 / 91	77	12-14	5
220 / 100	84	14-16	6
240 / 109	91	16-18	7

Suggested fork sag 20%

**These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions*

Rear shock: FOX DHX2 Performance Elite

Size S: 450 lbs **Size M:** 500 lbs **Size L/XL:** 550 lbs

SAG		RECOMMENDED SETTING*	
rider weight	spring rate	click(s) from full open	
lbs / kg	lbs	spring compression	rebound
120 / 54	450	2-4	5-6
140 / 64	450	4-6	6-7
160 / 73	500	6-8	8-9
180 / 82	500	8-10	9-10
200 / 91	550	10-12	11-12
220 / 100	550	12-14	12-13
240 / 109	550	14-16	13-14

Settings based on Downhill application & 35% recommended sag

Fork: FOX 40 Float GRIP EVOL LSC Performance Elite 203 mm

Follow FOX 40 recommended settings on the left back side of the casting.

Mondraker recommended FOX 40 Float GRIP Performance Elite fork settings based on Rider weight & Downhill application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	GRIP compression
120 / 54	49	4-6	1
140 / 64	56	6-8	2
160 / 73	63	8-10	3
180 / 82	70	10-12	4
200 / 91	77	12-14	5
220 / 100	84	14-16	6
240 / 109	91	16-18	7

Suggested fork sag 20%

**These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions*

Rear shock: FOX DHX2 Performance Elite

Size S: 450 lbs **Size M:** 500 lbs **Size L/XL:** 550 lbs

SAG		RECOMMENDED SETTING*	
rider weight	spring rate	click(s) from full open	
lbs / kg	lbs	spring compression	rebound
120 / 54	450	2-4	5-6
140 / 64	450	4-6	6-7
160 / 73	500	6-8	8-9
180 / 82	500	8-10	9-10
200 / 91	550	10-12	11-12
220 / 100	550	12-14	12-13
240 / 109	550	14-16	13-14

Settings based on Downhill application & 35% recommended sag

Fork: RockShox BoXXer RC DebonAir 200 mm

Mondraker recommended RockShox BoXXer RC fork settings based on Rider weight & Downhill application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clic(s) from full open	
lbs / kg	psi	compression	rebound
120 / 54	95	1	8-10
140 / 64	105	1-2	9-11
160 / 73	115	2	10-12
180 / 82	125	2-3	11-13
200 / 91	135	3	12-14
220 / 100	145	3-4	13-15
240 / 109	155	4-5	14-16

Suggested fork sag 20%

**These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions*

Rear shock: FOX VAN RC Performance

Size S: 400 lbs **Size M:** 450 lbs **Size L/XL:** 500 lbs

SAG		RECOMMENDED SETTING*	
rider weight	spring rate	clic(s) from full open	
lbs / kg	lbs	spring compression	rebound
120 / 54	400	1	6-7
140 / 64	400	2	7-8
160 / 73	450	3	8-9
180 / 82	450	4	9-10
200 / 91	500	5	10-11
220 / 100	500	6	11-12
240 / 109	500	7	12-13

Settings based on Downhill application & 35% recommended sag

Fork: FOX 36 Float FIT GRIP2 EVOL Factory Kashima 170 mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 FIT GRIP2 fork settings based on Rider weight & Enduro application:

SAG		RECOMMENDED SETTING*			
rider weight	air pressure	click(s) from full open			
lbs / kg	psi	HSR	LSR	HSC	LSC
120 / 54	55	1	5-6	1-4	1-3
140 / 64	64	2-3	6-7	3-7	3-5
160 / 73	73	3-4	7-8	6-10	5-7
180 / 82	82	4-5	8-9	9-13	7-9
200 / 91	91	5-6	9-10	12-16	9-11
220 / 100	100	6-7	10-11	15-19	11-13
240 / 109	109	7-8	11-12	18-22	13-15

Suggested fork sag 20%

*These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions

Rear shock: FOX DHX2 Factory Kashima

Size S: 400 lbs **Size M:** 450 lbs **Size L/XL:** 500 lbs

SAG		RECOMMENDED SETTING*			
rider weight	spring rate	click(s) from full open			
lbs / kg	lbs	HSC	LSC	HSR	LSR
120 / 54	400	1	2	1	2
140 / 64	400	2	3	2	3
160 / 73	450	3	4	3	3
180 / 82	450	4	5	3	4
200 / 91	500	5	6	4	5
220 / 100	500	6	7	5	6
240 / 109	500	7	8	6	7

Settings based on Enduro application & 30-35% recommended sag. Add 2-3 clicks each setting for a more controlled "XC-style" ride

Fork: FOX 36 Float Grip EVOL 3P Performance 170 mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 Grip EVOL 3P fork settings based on Rider weight & Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clic(s) from full open	
lbs / kg	psi	rebound	compression
120 / 54	55	3-4	open
140 / 64	64	4-5	open
160 / 73	73	5-6	open
180 / 82	82	6-7	open
200 / 91	91	7-8	mid
220 / 100	100	8-9	mid
240 / 109	109	9-10	mid

Suggested fork sag 20%

**These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions*

Rear shock: FOX Float X2 Performance

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clic(s) from full open	
lbs / kg	psi	LSC	LSR
120 / 54	125	1	1
140 / 64	145	2	2
160 / 73	165	2	2
180 / 82	185	3	3
200 / 91	205	4	4
220 / 100	225	5	5
240 / 109	245	6	6

Settings based on Enduro application & 30-35% recommended sag. Add 2-3 clics each setting for a more controlled "XC-style" ride

Fork: FOX 36 Float Grip EVOL 3P Performance 170 mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 Grip EVOL 3P fork settings based on Rider weight & Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	compression
120 / 54	55	3-4	open
140 / 64	64	4-5	open
160 / 73	73	5-6	open
180 / 82	82	6-7	open
200 / 91	91	7-8	mid
220 / 100	100	8-9	mid
240 / 109	109	9-10	mid

Suggested fork sag 20%

*These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
rider weight	air pressure	click(s) from full open
lbs / kg	psi	rebound
120 / 54	125	1
140 / 64	145	2
160 / 73	165	3
180 / 82	185	4
200 / 91	205	5
220 / 100	225	6
240 / 109	245	7

Settings based on Enduro application & 30-35% recommended sag. Add 2-3 clicks each setting for a more controlled "XC-style" ride

Fork: RockShox Yari RC 170 mm

Follow RockShox Yari recommended settings on the left back side of the casting.

Mondraker recommended RockShox Yari fork settings based on Rider weight & Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	compression
120 / 54	45	4-5	full open
140 / 64	55	5-6	full open
160 / 73	65	6-7	full open
180 / 82	75	7-8	full open
200 / 91	85	8-9	2
220 / 100	95	9-10	2
240 / 109	105	10-11	2

Suggested fork sag 20%

*These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
rider weight	air pressure	click(s) from full open
lbs / kg	psi	rebound
120 / 54	125	1
140 / 64	145	2
160 / 73	165	3
180 / 82	185	4
200 / 91	205	5
220 / 100	225	6
240 / 109	245	7

Settings based on Enduro application & 30-35% recommended sag. Add 2-3 clicks each setting for a more controlled "XC-style" ride

Fork: FOX 36 Float FIT GRIP2 EVOL Factory Kashima 160 mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 FIT GRIP2 fork settings based on Rider weight & All Mountain / Enduro application:

SAG		RECOMMENDED SETTING*			
rider weight	air pressure	click(s) from full open			
lbs / kg	psi	HSR	LSR	HSC	LSC
120 / 54	55	1	5-6	1-4	1-3
140 / 64	64	2-3	6-7	3-7	3-5
160 / 73	73	3-4	7-8	6-10	5-7
180 / 82	82	4-5	8-9	9-13	7-9
200 / 91	91	5-6	9-10	12-16	9-11
220 / 100	100	6-7	10-11	15-19	11-13
240 / 109	109	7-8	11-12	18-22	13-15

Suggested fork sag 20%

*These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions

Rear shock: FOX DHX2 Factory Kashima

Size S: 350 lbs Size M: 400 lbs Size L: 450 lbs Size XL: 500 lbs

SAG		RECOMMENDED SETTING*			
rider weight	spring rate	click(s) from full open			
lbs / kg	lbs	HSC	LSC	HSR	LSR
120 / 54	350	1	2	1	2
140 / 64	350	2-3	3-4	2-3	3-4
160 / 73	400	3-4	4-5	3-4	4-5
180 / 82	400	4-5	5-6	4-5	5-6
200 / 91	450	5-6	6-7	5-6	6-7
220 / 100	450	6-7	7-8	6-7	7-8
240 / 109	500	7-8	8-9	7-8	8-9

Settings based on All Mountain / Enduro application & 30-35% recommended sag. Add 1-2 rebound clicks for a more controlled "XC-style" ride

Fork: FOX 36 Float FIT4 EVOL Factory Kashima 160 mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 Float FIT4 fork settings based on Rider weight & All Mountain / Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	55	3-4	1-2
140 / 64	64	4-5	2-3
160 / 73	73	5-6	3-4
180 / 82	82	6-7	4-5
200 / 91	91	7-8	5-6
220 / 100	100	8-9	6-7
240 / 109	109	9-10	7-8

Suggested fork sag 20%

**These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions*

Rear shock: FOX DPX2 EVOL Factory Kashima

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	LSC
120 / 54	110	1	1
140 / 64	130	2-3	1
160 / 73	150	4-5	2
180 / 82	170	6-7	3
200 / 91	190	8-9	4
220 / 100	210	10-11	5
240 / 109	230	12-13	6

Settings based on All Mountain / Enduro application & 30-35% recommended sag. Add 1-2 rebound clicks for a more controlled "XC-style" ride

Fork: FOX 36 Float Grip EVOL 3P Performance 160 mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 Grip EVOL 3P fork settings based on Rider weight & All Mountain / Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clic(s) from full open	
lbs / kg	psi	rebound	compression
120 / 54	55	3-4	open
140 / 64	64	4-5	open
160 / 73	73	5-6	open
180 / 82	82	6-7	open
200 / 91	91	7-8	mid
220 / 100	100	8-9	mid
240 / 109	109	9-10	mid

Suggested fork sag 20%

*These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clic(s) from full open
lbs / kg	psi	rebound
120 / 54	110	1
140 / 64	130	2-3
160 / 73	150	4-5
180 / 82	170	6-7
200 / 91	190	8-9
220 / 100	210	10-11
240 / 109	230	12-13

Settings based on All Mountain / Enduro application & 30-35% recommended sag. Add 1-2 rebound clics for a more controlled 'XC-style' ride

Fork: RockShox Lyrik RC 160 mm

Follow RockShox Lyrik recommended settings on the left back side of the casting.
Mondraker recommended RockShox Lyrik RC fork settings based on Rider weight & All Mountain / Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	LSC
120 / 54	55	8-10	1
140 / 64	64	9-11	2
160 / 73	73	10-12	3
180 / 82	82	11-13	4
200 / 91	91	12-14	5
220 / 100	100	13-15	6
240 / 109	109	14-16	7

Suggested fork sag 20%

**These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions*

Rear shock: RockShox SuperDeluxe Coil RCT

Size S: 300 lbs **Size M:** 350 lbs **Size L:** 400 lbs **Size XL:** 450 lbs

SAG		RECOMMENDED SETTING*	
rider weight	spring rate	click(s) from full open	
lbs / kg	lbs	rebound	LSC
120 / 54	300	1	1
140 / 64	300	1-2	2-3
160 / 73	350	1-2	1-2
180 / 82	350	2-3	2-3
200 / 91	400	3-4	2-3
220 / 100	400	3-4	4-5
240 / 109	450	4-5	5-6

Settings based on All Mountain / Enduro application & 30-35% recommended sag. Add 2-3 rebound clicks for a more controlled "XC-style" ride

Fork: RockShox Yari RC 160 mm

Follow RockShox Yari recommended settings on the left back side of the casting.
 Mondraker recommended RockShox Yari fork settings based on Rider weight & All Mountain / Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clic(s) from full open	
lbs / kg	psi	rebound	LSC
120 / 54	65	3-4	full open
140 / 64	70	4-5	full open
160 / 73	75	5-6	full open
180 / 82	80	6-7	full open
200 / 91	85	7-8	2
220 / 100	90	8-9	2
240 / 109	95	9-10	2

Suggested fork sag 20%

**These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions*

Rear shock: RockShox Deluxe RL Debonair

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clic(s) from full open
lbs / kg	psi	rebound
120 / 54	75	1
140 / 64	90	1
160 / 73	105	2
180 / 82	120	3
200 / 91	135	4
220 / 100	150	5
240 / 109	165	6

Settings based on All Mountain-Enduro application & 30-35% recommended sag. Add 1-2 rebound clics for a more controlled "XC-style" ride

Fork: RockShox Lyrik RC2 160 mm

Follow RockShox Lyrik recommended settings on the left back side of the casting.

Mondraker recommended RockShox Lyrik RC2 fork settings based on Rider weight & All Mountain / Enduro application:

SAG		RECOMMENDED SETTING*		
rider weight	air pressure	click(s) from full open		
lbs / kg	psi	rebound	LSC	HSC
120 / 54	55	8-10	1-2	1
140 / 64	65	9-11	3-4	1
160 / 73	75	10-12	5-6	1
180 / 82	85	11-13	7-8	2
200 / 91	95	12-14	9-10	2
220 / 100	105	13-15	11-12	2
240 / 109	115	14-16	13-14	3

Suggested fork sag 20%

*These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions

Rear shock: RockShox SuperDeluxe RC3 Debonair

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	compression
120 / 54	105	1	open
140 / 64	115	2	open
160 / 73	125	3	open
180 / 82	135	4	open
200 / 91	145	5	open
220 / 100	155	6	open
240 / 109	165	7	open

Settings based on All Mountain / Enduro application & 30-35% recommended sag. Add 2-3 rebound clicks for a more controlled "XC-style" ride

Fork: RockShox Revelation RC DebonAir 150 mm

Follow RockShox Revelation RC recommended settings on the left back side of the casting. Mondraker recommended RockShox Revelation RC fork settings based on Rider weight & All Mountain / Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	compression
120 / 54	55	7	open
140 / 64	65	8	open
160 / 73	75	9	open
180 / 82	85	10	open
200 / 91	95	11	2
220 / 100	105	12	2
240 / 109	115	13	2

Suggested fork sag 20%

**These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions*

Rear shock: RockShox Deluxe RL Debonair

SAG		RECOMMENDED SETTING*
rider weight	air pressure	click(s) from full open
lbs / kg	psi	rebound
120 / 54	75	1
140 / 64	90	1
160 / 73	105	2
180 / 82	120	3
200 / 91	135	4
220 / 100	150	5
240 / 109	165	6

Settings based on All Mountain / Enduro application & 30-35% recommended sag. Add 1-2 rebound clicks for a more controlled "XC-style" ride

Fork: FOX 36 Float Grip EVOL 3P Performance 160 mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 Grip EVOL 3P fork settings based on Rider weight & All Mountain / Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	compression
120 / 54	55	3-4	open
140 / 64	64	4-5	open
160 / 73	73	5-6	open
180 / 82	82	6-7	open
200 / 91	91	7-8	mid
220 / 100	100	8-9	mid
240 / 109	109	9-10	mid

Suggested fork sag 20%

** These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions*

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
rider weight	air pressure	click(s) from full open
lbs / kg	psi	rebound
120 / 54	110	1
140 / 64	130	2-3
160 / 73	150	4-5
180 / 82	170	6-7
200 / 91	190	8-9
220 / 100	210	10-11
240 / 109	230	12-13

Settings based on All Mountain / Enduro application & 30-35% recommended sag. Add 1-2 rebound clicks for a more controlled "XC-style" ride

Fork: RockShox Recon RL SoloAir150 mm

Follow RockShox Recon RL recommended settings on the left back side of the casting.
Mondraker recommended RockShox Recon RL fork settings based on Rider weight & All Mountain / Enduro application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	compression
120 / 54	55	1	full open
140 / 64	70	1	full open
160 / 73	85	2	full open
180 / 82	100	3	full open
200 / 91	115	3	2
220 / 100	130	4	2
240 / 109	145	4	2

Suggested fork sag 20%

**These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions*

Rear shock: RockShox Deluxe RL Debonair

SAG		RECOMMENDED SETTING*
rider weight	air pressure	click(s) from full open
lbs / kg	psi	rebound
120 / 54	75	1
140 / 64	90	1
160 / 73	105	2
180 / 82	120	3
200 / 91	135	4
220 / 100	150	5
240 / 109	165	6

Settings based on All Mountain / Enduro application & 30-35% recommended sag. Add 1-2 rebound clicks for a more controlled "XC-style" ride

Fork: RockShox 30 Gold SoloAir R 100 mm

Follow RockShox 30 Gold SoloAir R recommended settings on the left back side of the casting. Mondraker recommended RockShox 30 SoloAir R 100 mm fork settings based on Rider weight & Trail application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	compression
80 / 36	37	1	open
90 / 41	40	1	open
100 / 45	43	2	open
110 / 50	46	2	open
120 / 54	49	3	open
130 / 59	52	3	open
140 / 64	55	4	open

Suggested fork sag 20%

**These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions*

Rear shock: RockShox Monarch R SoloAir

SAG		RECOMMENDED SETTING*
rider weight	air pressure	click(s) from full open
lbs / kg	psi	rebound
80 / 36	100	1
90 / 41	110	2
100 / 45	120	3
110 / 50	130	4
120 / 54	140	5
130 / 59	150	6
140 / 64	160	7

Settings based on Trail application & 30-35% recommended sag

Fork: RockShox 30 Gold SoloAir R 80 mm

Follow RockShox 30 Gold SoloAir R recommended settings on the left back side of the casting. Mondraker recommended RockShox 30 SoloAir R 80 mm fork settings based on Rider weight & Trail application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	compression
80 / 36	37	1	open
90 / 41	40	1	open
100 / 45	43	2	open
110 / 50	46	2	open
120 / 54	49	3	open
130 / 59	52	3	open
140 / 64	55	4	open

Suggested fork sag 20%

*These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions

Rear shock: RockShox Monarch R SoloAir

SAG		RECOMMENDED SETTING*
rider weight	air pressure	click(s) from full open
lbs / kg	psi	rebound
80 / 36	100	1
90 / 41	110	2
100 / 45	120	3
110 / 50	130	4
120 / 54	140	5
130 / 59	150	6
140 / 64	160	7

Settings based on Trail application & 30-35% recommended sag

Fork: FOX 36 Float FIT GRIP2 EVOL Factory Kashima 170 mm

Follow FOX 36 recommended settings on the left back side of the casting +10 psi suggested for e-Bike application.

Mondraker recommended FOX 36 FIT GRIP2 fork settings based on Rider weight & All Mountain / Enduro e-MTB application:

SAG		RECOMMENDED SETTING*			
rider weight	air pressure	click(s) from full open			
lbs / kg	psi	HSR	LSR	HSC	LSC
120 / 54	58	1	5-6	1-4	1-3
140 / 64	67	2-3	6-7	3-7	3-5
160 / 73	76	3-4	7-8	6-10	5-7
180 / 82	85	4-5	8-9	9-13	7-9
200 / 91	94	5-6	9-10	12-16	9-11
220 / 100	103	6-7	10-11	15-19	11-13
240 / 109	112	7-8	11-12	18-22	13-15

Suggested fork sag 20%

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions

Rear shock: FOX DPX2 EVOL Factory Kashima

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	LSC
120 / 54	120	1	1
140 / 64	140	1-2	1
160 / 73	160	2-3	2
180 / 82	180	3-4	3
200 / 91	200	4-5	4
220 / 100	220	5-6	5
240 / 109	240	6-7	6

Settings based on All Mountain / Enduro e-MTB application & 30-35% recommended sag

Fork: FOX 36 FIT GRIP EVOL Rhythm 160 mm

Follow FOX 36 FIT GRIP EVOL Rhythm recommended settings on the left back side of the casting +10 psi suggested for e-Bike application.

Mondraker recommended FOX 36 Rhythm fork settings based on Rider weight & All Mountain / Enduro e-MTB application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	compression
120 / 54	58	6-7	open
140 / 64	67	8-9	open
160 / 73	76	10-11	open
180 / 82	85	12-13	open
200 / 91	94	14-15	mid
220 / 100	103	16-17	mid
240 / 109	112	18-19	mid

Suggested fork sag 20%

** These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions*

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
rider weight	air pressure	click(s) from full open
lbs / kg	psi	rebound
120 / 54	120	1
140 / 64	140	1-2
160 / 73	160	2-3
180 / 82	180	3-4
200 / 91	200	4-5
220 / 100	220	5-6
240 / 109	240	6-7

Settings based on All Mountain / Enduro e-MTB application & 30-35% recommended sag

Fork: FOX 36 Float FIT GRIP2 EVOL Factory Kashima 170 mm

Follow FOX 36 recommended settings on the left back side of the casting +10 psi suggested for e-Bike application.

Mondraker recommended FOX 36 FIT GRIP2 fork settings based on Rider weight & Enduro e-MTB application:

SAG		RECOMMENDED SETTING*			
rider weight	air pressure	click(s) from full open			
lbs / kg	psi	HSR	LSR	HSC	LSC
120 / 54	58	1	5-6	1-4	1-3
140 / 64	67	2-3	6-7	3-7	3-5
160 / 73	76	3-4	7-8	6-10	5-7
180 / 82	85	4-5	8-9	9-13	7-9
200 / 91	94	5-6	9-10	12-16	9-11
220 / 100	103	6-7	10-11	15-19	11-13
240 / 109	112	7-8	11-12	18-22	13-15

Suggested fork sag 20%

*These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions

Rear shock: FOX DHX2 Factory Kashima

Size S: 350 lbs Size M: 400 lbs Size L/XL: 450 lbs

SAG		RECOMMENDED SETTING*			
rider weight	spring rate	click(s) from full open			
lbs / kg	lbs	HSC	LSC	HSR	LSR
120 / 54	350	1	2	1	2
140 / 64	350	2-3	3-4	2-3	3-4
160 / 73	400	3-4	4-5	3-4	4-5
180 / 82	400	4-5	5-6	4-5	5-6
200 / 91	450	5-6	6-7	5-6	6-7
220 / 100	450	6-7	7-8	6-7	7-8
240 / 109	450	7-8	8-9	7-8	8-9

Settings based on Enduro e-MTB application & 30-35% recommended sag. Add 2-3 clicks each setting for a more controlled "XC-style" ride.

Fork: FOX 36 FIT GRIP EVOL Rhythm 170 mm

Follow FOX 36 FIT GRIP EVOL Rhythm recommended settings on the left back side of the casting +10 psi suggested for e-Bike application.

Mondraker recommended FOX 36 Rhythm fork settings based on Rider weight & Enduro e-MTB application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clik(s) from full open	
lbs / kg	psi	rebound	compression
120 / 54	58	6-7	open
140 / 64	67	8-9	open
160 / 73	76	10-11	open
180 / 82	85	12-13	open
200 / 91	94	14-15	mid
220 / 100	103	16-17	mid
240 / 109	112	18-19	mid

Suggested fork sag 20%

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions

Rear shock: FOX DHX2 Performance Elite

Size S: 350 lbs **Size M:** 400 lbs **Size L/XL:** 450 lbs

SAG		RECOMMENDED SETTING*	
rider weight	spring rate	clik(s) from full open	
lbs / kg	lbs	compression	rebound
120 / 54	350	2-4	1-2
140 / 64	350	4-6	2-3
160 / 73	400	6-8	3-4
180 / 82	400	8-10	4-5
200 / 91	450	10-12	5-6
220 / 100	450	12-14	6-7
240 / 109	450	14-16	7-8

Settings based on Enduro e-MTB application & 30-35% recommended sag. Add 2-3 clics each setting for a more controlled "XC-style" ride

Fork: FOX 36 Float FIT4 EVOL Factory Kashima 160 mm

Follow FOX 36 Float FIT4 recommended settings on the left back side of the casting +10 psi suggested for e-Bike application.

Mondraker recommended Fox 36 Float FIT4 fork settings based on Rider weight & All Mountain / Enduro e-MTB application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	65	3-4	2-3
140 / 64	74	4-5	4-5
160 / 73	83	5-6	6-7
180 / 82	92	6-7	8-9
200 / 91	101	7-8	10-11
220 / 100	110	8-9	12-13
240 / 109	119	9-10	14-15

Suggested fork sag 20%

*These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
rider weight	air pressure	click(s) from full open
lbs / kg	lbs	rebound
120 / 54	180	2
140 / 64	190	4
160 / 73	200	6
180 / 82	210	8
200 / 91	220	10
220 / 100	230	12
240 / 109	240	14

Settings based on All Mountain / Enduro e-MTB application & 30-35% recommended sag

Fork: FOX 36 FIT GRIP EVOL Rhythm 160 mm

Follow FOX 36 FIT GRIP EVOL Rhythm recommended settings on the left back side of the casting

+10 psi suggested for e-Bike application

Mondraker recommended FOX 36 Rhythm fork settings based on Rider weight & All Mountain /

Enduro e-MTB application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	compression
120 / 54	58	6-7	open
140 / 64	67	8-9	open
160 / 73	76	10-11	open
180 / 82	85	12-13	open
200 / 91	94	14-15	mid
220 / 100	103	16-17	mid
240 / 109	112	18-19	mid

Suggested fork sag 20%

** These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions*

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
rider weight	air pressure	click(s) from full open
lbs / kg	lbs	rebound
120 / 54	180	2
140 / 64	190	4
160 / 73	200	6
180 / 82	210	8
200 / 91	220	10
220 / 100	230	12
240 / 109	240	14

Settings based on All Mountain / Enduro e-MTB application & 30-35% recommended sag

Fork: RockShox Revelation RC SoloAir 150 mm

Follow RockShox Revelation RC SoloAir recommended settings on the left back side of the casting +10 psi suggested for e-Bike application.

Mondraker recommended RockShox Revelation RC fork settings based on Rider weight & Trail e-MTB application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	compression
120 / 54	65	5-6	full open
140 / 64	75	6-7	full open
160 / 73	85	7-8	full open
180 / 82	95	8-9	full open
200 / 91	105	9-10	2
220 / 100	115	10-11	2
240 / 109	125	11-12	2

Suggested fork sag 20%

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions

Rear shock: RockShox Monarch RT SoloAir

SAG		RECOMMENDED SETTING*
rider weight	air pressure	click(s) from full open
lbs / kg	lbs	rebound
120 / 54	80	1
140 / 64	90	2
160 / 73	100	3
180 / 82	110	4
200 / 91	120	5
220 / 100	130	6
240 / 109	140	7

Settings based on Trail e-MTB application & 30-35% recommended sag

Fork: RockShox Recon RL SoloAir 140 mm

Follow RockShox Recon RL SoloAir recommended settings on the left back side of the casting +10 psi for suggested e-Bike application.

Mondraker recommended RockShox Recon RL fork settings based on Rider weight & Trail e-MTB application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	click(s) from full open	
lbs / kg	psi	rebound	compression
120 / 54	65	1	full open
140 / 64	80	1	full open
160 / 73	95	2	full open
180 / 82	110	3	full open
200 / 91	125	4	2
220 / 100	140	5	2
240 / 109	155	6	2

Suggested fork sag 20%

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions

Rear shock: RockShox Monarch R SoloAir

SAG		RECOMMENDED SETTING*
rider weight	air pressure	click(s) from full open
lbs / kg	lbs	rebound
120 / 54	80	1
140 / 64	90	2
160 / 73	100	3
180 / 82	110	4
200 / 91	120	5
220 / 100	130	6
240 / 109	140	7

Settings based on Trail e-MTB application & 30-35% recommended sag



SUSPENSION SETUP

BIKE 2020

SUMMUM CARBON PRO TEAM

Downhill

Fork: FOX 40 Float FIT GRIP2 EVOL Factory Kashima 203mm

Follow FOX 40 recommended settings on the left back side of the casting.

Mondraker recommended FOX 40 Float FIT GRIP2 Factory Kashima settings based on Rider weight and Downhill application:

SAG		RECOMMENDED SETTING*			
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN			
lbs / kg	psi	HSR	LSR	HSC	LSC
120 / 54	49	1	5 - 6	1 - 4	1 - 3
140 / 64	56	2 - 3	6 - 7	3 - 7	3 - 5
160 / 73	63	3 - 4	7 - 8	6 - 10	5 - 7
180 / 82	70	4 - 5	8 - 9	9 - 13	7 - 9
200 / 91	77	5 - 6	9 - 10	12 - 16	9 - 11
220 / 100	84	6 - 7	10 - 11	15 - 19	11 - 13
240 / 109	91	7 - 8	11 - 12	18 - 22	13 - 15

*Suggested fork sag 20%

Rear shock: FOX DHX2 Factory Kashima

Size S: 450 lbs Size M: 500 lbs Size L/XL: 550 lbs

SAG		RECOMMENDED SETTING*			
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN			
lbs / kg	lbs	HSC	LSC	HSR	LSR
120 / 54	450	1	2	3	3
140 / 64	450	2	3	4	4
160 / 73	500	3	4	5	5
180 / 82	500	4	5	5	6
200 / 91	550	5	6	6	7
220 / 100	550	6	7	7	8
240 / 109	550	7	8	8	9

*Settings based on Downhill application and 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

SUMMUM PRO

Downhill

Fork: FOX 40 Float FIT GRIP2 EVOL Factory Kashima 203mm

Follow FOX 40 recommended settings on the left back side of the casting.

Mondraker recommended FOX 40 Float FIT GRIP2 Factory Kashima settings based on Rider weight and Downhill application:

SAG		RECOMMENDED SETTING*			
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN			
lbs / kg	psi	HSR	LSR	HSC	LSC
120 / 54	49	1	5 - 6	1 - 4	1 - 3
140 / 64	56	2 - 3	6 - 7	3 - 7	3 - 5
160 / 73	63	3 - 4	7 - 8	6 - 10	5 - 7
180 / 82	70	4 - 5	8 - 9	9 - 13	7 - 9
200 / 91	77	5 - 6	9 - 10	12 - 16	9 - 11
220 / 100	84	6 - 7	10 - 11	15 - 19	11 - 13
240 / 109	91	7 - 8	11 - 12	18 - 22	13 - 15

*Suggested fork sag 20%

Rear shock: FOX DHX2 Performance Elite

Size S: 450 lbs Size M: 500 lbs Size L/XL: 550 lbs

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	lbs	compression	rebound
120 / 54	450	2 - 4	5 - 6
140 / 64	450	4 - 6	6 - 7
160 / 73	500	6 - 8	8 - 9
180 / 82	500	8 - 10	9 - 10
200 / 91	550	10 - 12	11 - 12
220 / 100	550	12 - 14	12 - 13
240 / 109	550	14 - 16	13 - 14

*Settings based on Downhill application and 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

SUMMUM

Downhill

Fork: RockShox BoXXer Select RC DebonAir 200mm

Mondraker recommended RockShox BoXXer Select RC fork settings based on Rider weight and Downhill application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	compression	rebound
120 / 54	95	1	8-10
140 / 64	105	1 - 2	9-11
160 / 73	115	2	10-12
180 / 82	125	2 - 3	11-13
200 / 91	135	3	12-14
220 / 100	145	3 - 4	13-15
240 / 109	155	4 - 5	14-16

*Suggested fork sag 20%

Rear shock: FOX VAN RC Performance

Size S: 400 lbs Size M: 450 lbs Size L/XL: 500 lbs

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	lbs	compression	rebound
120 / 54	400	1	6 - 7
140 / 64	400	2	7 - 8
160 / 73	450	3	8 - 9
180 / 82	450	4	9 - 10
200 / 91	500	5	10 - 11
220 / 100	500	6	11 - 12
240 / 109	500	7	12 - 13

*Settings based on Downhill application and 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

SUPERFOXY CARBON RR

Super Enduro / Bike Park

Fork: FOX 36 Float FIT GRIP2 EVOL Factory Kashima 170mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 FIT GRIP2 fork settings based on Rider weight and Super Enduro application:

SAG		RECOMMENDED SETTING*			
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN			
lbs / kg	psi	HSR	LSR	HSC	LSC
120 / 54	46	1	5 - 6	1 - 3	1 - 2
140 / 64	55	1 - 2	6 - 7	2 - 6	3 - 4
160 / 73	64	2 - 3	7 - 8	4 - 8	5 - 6
180 / 82	73	3 - 4	8 - 9	6 - 10	7 - 8
200 / 91	82	4 - 5	9 - 10	8 - 12	9 - 10
220 / 100	91	5 - 6	10 - 11	10 - 14	11 - 12
240 / 109	100	6 - 7	11 - 12	12 - 16	13 - 14

*Suggested fork sag 20%

Rear shock: FOX DHX2 Factory Kashima

Size S: 350 lbs Size M: 400 lbs Size L: 450 lbs Size XL: 500 lbs

SAG		RECOMMENDED SETTING*			
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN			
lbs / kg	lbs	HSC	LSC	HSR	LSR
120 / 54	350	1	2	1	2
140 / 64	350	2 - 3	3 - 4	2 - 3	3 - 4
160 / 73	400	3 - 4	4 - 5	3 - 4	4 - 5
180 / 82	450	4 - 5	5 - 6	4 - 5	5 - 6
200 / 91	450	5 - 6	6 - 7	5 - 6	6 - 7
220 / 100	500	6 - 7	7 - 8	6 - 7	7 - 8
240 / 109	500	7 - 8	8 - 9	7 - 8	8 - 9

*Settings based on Super Enduro application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

SUPERFOXY CARBON R

Super Enduro / Bike Park

Fork: FOX 36 Float FIT GRIP2 EVOL Factory Kashima 170mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 FIT GRIP2 fork settings based on Rider weight and SuperEnduro application:

SAG		RECOMMENDED SETTING*			
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN			
lbs / kg	psi	HSR	LSR	HSC	LSC
120 / 54	46	1	5 - 6	1 - 3	1 - 2
140 / 64	55	1 - 2	6 - 7	2 - 6	3 - 4
160 / 73	64	2 - 3	7 - 8	4 - 8	5 - 6
180 / 82	73	3 - 4	8 - 9	6 - 10	7 - 8
200 / 91	82	4 - 5	9 - 10	8 - 12	9 - 10
220 / 100	91	5 - 6	10 - 11	10 - 14	11 - 12
240 / 109	100	6 - 7	11 - 12	12 - 16	13 - 14

*Suggested fork sag 20%

Rear shock: FOX Float X2 Performance

Size S: 350 lbs Size M: 400 lbs Size L: 450 lbs Size XL: 500 lbs

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	LSC	LSR
120 / 54	130	1 - 3	1
140 / 64	145	2 - 4	1 - 2
160 / 73	160	4 - 6	2 - 3
180 / 82	175	6 - 8	3 - 4
200 / 91	190	8 - 10	4 - 5
220 / 100	205	10 - 12	5 - 6
240 / 109	220	12 - 14	6 - 7

*Settings based on Super Enduro application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

DUNE CARBON XR

Super Enduro / Bike Park

Fork: RockShox Lyrik Ultimate RC2 170mm

Follow RockShox Lyrik Ultimate recommended settings on the left back side of the casting.
Mondraker recommended RockShox Lyrik Ultimate RC2 fork settings based on Rider weight and Super Enduro application:

SAG		RECOMMENDED SETTING*		
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN		
lbs / kg	psi	rebound	HSC	LSC
120 / 54	45	5 - 6	1	2
140 / 64	55	7 - 8	1	4
160 / 73	65	9 - 10	1	6
180 / 82	75	11 - 12	2	8
200 / 91	85	13 - 14	2	10
220 / 100	95	15 - 16	2	12
240 / 109	105	17 - 18	2	14

*Suggested fork sag 20%

Rear shock: RockShox Super Deluxe Coil Ultimate RCT

Size S: 350 lbs Size M: 400 lbs Size L/XL: 450 lbs

SAG		RECOMMENDED SETTING*		
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN		
lbs / kg	lbs	LSC	rebound	compression lever
120 / 54	350	1	2 - 3	open
140 / 64	350	2	4 - 5	open
160 / 73	400	3	6 - 7	open
180 / 82	400	4	8 - 9	open
200 / 91	450	5	10 - 11	open
220 / 100	450	6	12 - 13	open
240 / 109	450	7	14 - 15	open

*Settings based on Super Enduro application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

DUNE R

Super Enduro / Bike Park

Fork: FOX 36 Float FIT Grip EVOL 3P Performance 170mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 Grip EVOL 3P fork settings based on Rider weight and Super Enduro application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	GRIP compression
120 / 54	55	7 - 9	open
140 / 64	64	9 - 11	open
160 / 73	73	11 - 13	open
180 / 82	82	13 - 15	open
200 / 91	91	15 - 17	open
220 / 100	100	17 - 19	mid
240 / 109	109	19 - 21	mid

*Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	125	1
140 / 64	145	2
160 / 73	165	3
180 / 82	185	4
200 / 91	205	5
220 / 100	225	6
240 / 109	245	7

*Settings based on SuperEnduro application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

DUNE

Super Enduro / Bike Park

Fork: RockShox Yari RC 170mm

Follow RockShox Yari recommended settings on the left back side of the casting.

Mondraker recommended RockShox Yari fork settings based on Rider weight and Super Enduro application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	compression
120 / 54	45	4 - 5	full open
140 / 64	55	5 - 6	full open
160 / 73	65	6 - 7	full open
180 / 82	75	7 - 8	full open
200 / 91	85	8 - 9	2
220 / 100	95	9 - 10	2
240 / 109	105	10 - 11	2

*Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	125	1
140 / 64	145	2
160 / 73	165	3
180 / 82	185	4
200 / 91	205	5
220 / 100	225	6
240 / 109	245	7

*Settings based on SuperEnduro application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

FOXY CARBON RR SL

Enduro / All Mountain

Fork: FOX 36 Float FIT4 EVOL Factory Kashima 160mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 Float FIT4 fork settings based on Rider weight and Enduro / All Mountain application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	55	4 - 6	1 - 2
140 / 64	64	6 - 8	2 - 3
160 / 73	73	8 - 10	3 - 4
180 / 82	82	10 - 12	4 - 5
200 / 91	91	12 - 14	5 - 6
220 / 100	100	14 - 16	6 - 7
240 / 109	109	16 - 18	7 - 8

*Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Factory Kashima

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	LSC
120 / 54	110	1	1
140 / 64	130	2 - 3	1
160 / 73	150	4 - 5	2
180 / 82	170	6 - 7	3
200 / 91	190	8 - 9	4
220 / 100	210	10 - 11	5
240 / 109	230	12 - 13	6

*Settings based on Enduro / All Mountain application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

FOXY CARBON RR

Enduro / All Mountain

Fork: FOX 36 Float FIT4 EVOL Factory Kashima 160mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 Float FIT4 fork settings based on Rider weight and Enduro / All Mountain application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	55	4 - 6	1 - 2
140 / 64	64	6 - 8	2 - 3
160 / 73	73	8 - 10	3 - 4
180 / 82	82	10 - 12	4 - 5
200 / 91	91	12 - 14	5 - 6
220 / 100	100	14 - 16	6 - 7
240 / 109	109	16 - 18	7 - 8

*Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Factory Kashima

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	LSC
120 / 54	110	1	1
140 / 64	130	2 - 3	1
160 / 73	150	4 - 5	2
180 / 82	170	6 - 7	3
200 / 91	190	8 - 9	4
220 / 100	210	10 - 11	5
240 / 109	230	12 - 13	6

*Settings based on Enduro / All Mountain application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

FOXY CARBON R

Enduro / All Mountain

Fork: FOX 36 Float FIT GRIP EVOL 3P Performance 160mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 GRIP EVOL 3P fork settings based on Rider weight and Enduro / All Mountain application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	compression
120 / 54	55	4 - 6	open
140 / 64	64	6 - 8	open
160 / 73	73	8 - 10	open
180 / 82	82	10 - 12	open
200 / 91	91	12 - 14	mid
220 / 100	100	14 - 16	mid
240 / 109	109	16 - 18	mid

*Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	110	1
140 / 64	130	2 - 3
160 / 73	150	4 - 5
180 / 82	170	6 - 7
200 / 91	190	8 - 9
220 / 100	210	10 - 11
240 / 109	230	12 - 13

*Settings based on Enduro / All Mountain application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

FOXY R

Enduro / All Mountain

Fork: FOX 36 Float FIT GRIP EVOL 3P Performance 160mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 GRIP EVOL 3P fork settings based on Rider weight and Enduro / All Mountain application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	compression
120 / 54	55	4 - 6	open
140 / 64	64	6 - 8	open
160 / 73	73	8 - 10	open
180 / 82	82	10 - 12	open
200 / 91	91	12 - 14	mid
220 / 100	100	14 - 16	mid
240 / 109	109	16 - 18	mid

*Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	110	1
140 / 64	130	2 - 3
160 / 73	150	4 - 5
180 / 82	170	6 - 7
200 / 91	190	8 - 9
220 / 100	210	10 - 11
240 / 109	230	12 - 13

*Settings based on Enduro / All Mountain application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

FOXY

Enduro / All Mountain

Fork: FOX 36 Float FIT GRIP EVOL Rhythm 160mm

Follow FOX 36 recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 GRIP EVOL Rhythm fork settings based on Rider weight and Enduro / All Mountain application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	compression
120 / 54	46	4 - 6	open
140 / 64	55	6 - 8	open
160 / 73	64	8 - 10	open
180 / 82	73	10 - 12	open
200 / 91	82	12 - 14	mid
220 / 100	91	14 - 16	mid
240 / 109	100	16 - 18	mid

*Suggested fork sag 20%

Rear shock: FOX DPS EVOL Performance

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	114	1
140 / 64	126	1 - 2
160 / 73	138	3 - 4
180 / 82	150	4 - 5
200 / 91	162	5 - 6
220 / 100	174	6 - 7
240 / 109	186	7 - 8

*Settings based on Enduro / All Mountain application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

F-PODIUM DC RR

XC Race

Fork: FOX 34 StepCast Factory Kashima 120mm

Follow FOX 34 recommended settings on the left back side of the casting.

Mondraker recommended FOX 34 StepCast Factory Kashima fork settings based on Rider weight and XC Race application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	55	5 - 7	6 - 8
140 / 64	64	7 - 9	8 - 10
160 / 73	73	9 - 11	10 - 12
180 / 82	82	11 - 13	12 - 14
200 / 91	91	13 - 15	14 - 16
220 / 100	100	15 - 17	16 - 18
240 / 109	109	17 - 19	18 - 20

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Factory Kashima

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	110	1
140 / 64	120	2 - 3
160 / 73	130	4 - 5
180 / 82	140	6 - 7
200 / 91	150	8 - 9
220 / 100	160	10 - 11
240 / 109	170	12 - 13

*Settings based on XC Race application and 25% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

F-PODIUM DC R

XC Race

Fork: FOX 34 StepCast Performance GRIP 120mm

Follow FOX 34 recommended settings on the left back side of the casting.

Mondraker recommended FOX 34 StepCast Performance GRIP fork settings based on Rider weight and XC Race application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	55	5 - 7	6 - 8
140 / 64	64	7 - 9	8 - 10
160 / 73	73	9 - 11	10 - 12
180 / 82	82	11 - 13	12 - 14
200 / 91	91	13 - 15	14 - 16
220 / 100	100	15 - 17	16 - 18
240 / 109	109	17 - 19	18 - 20

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Performance

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	110	1
140 / 64	120	2 - 3
160 / 73	130	4 - 5
180 / 82	140	6 - 7
200 / 91	150	8 - 9
220 / 100	160	10 - 11
240 / 109	170	12 - 13

*Settings based on XC Race application and 25% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

F-PODIUM RR SL

XC Race

Fork: FOX 32 Float StepCast Factory Kashima 100mm

Follow FOX 32 recommended settings on the left back side of the casting.

Mondraker recommended FOX 32 Float FIT4 fork settings based on Rider weight and XC Race application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	63	5 - 7	6 - 8
140 / 64	72	7 - 9	8 - 10
160 / 73	81	9 - 11	10 - 12
180 / 82	90	11 - 13	12 - 14
200 / 91	99	13 - 15	14 - 16
220 / 100	108	15 - 17	16 - 18
240 / 109	117	17 - 19	18 - 20

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Factory Kashima

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	110	1
140 / 64	120	2 - 3
160 / 73	130	4 - 5
180 / 82	140	6 - 7
200 / 91	150	8 - 9
220 / 100	160	10 - 11
240 / 109	170	12 - 13

*Settings based on XC Race application and 25% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

F-PODIUM RR

XC Race

Fork: FOX 32 Float StepCast Factory Kashima 100mm

Follow FOX 32 recommended settings on the left back side of the casting.

Mondraker recommended FOX 32 Float FIT4 fork settings based on Rider weight and XC Race application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	63	5 - 7	6 - 8
140 / 64	72	7 - 9	8 - 10
160 / 73	81	9 - 11	10 - 12
180 / 82	90	11 - 13	12 - 14
200 / 91	99	13 - 15	14 - 16
220 / 100	108	15 - 17	16 - 18
240 / 109	117	17 - 19	18 - 20

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Factory Kashima

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	110	1
140 / 64	120	2 - 3
160 / 73	130	4 - 5
180 / 82	140	6 - 7
200 / 91	150	8 - 9
220 / 100	160	10 - 11
240 / 109	170	12 - 13

*Settings based on XC Race application and 25% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

F-PODIUM R

XC Race

Fork: FOX 32 Float StepCast Factory Kashima 100mm

Follow FOX 32 recommended settings on the left back side of the casting.

Mondraker recommended FOX 32 Float FIT4 fork settings based on Rider weight and XC Race application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	63	5 - 7	6 - 8
140 / 64	72	7 - 9	8 - 10
160 / 73	81	9 - 11	10 - 12
180 / 82	90	11 - 13	12 - 14
200 / 91	99	13 - 15	14 - 16
220 / 100	108	15 - 17	16 - 18
240 / 109	117	17 - 19	18 - 20

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Factory Kashima

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	110	1
140 / 64	120	2 - 3
160 / 73	130	4 - 5
180 / 82	140	6 - 7
200 / 91	150	8 - 9
220 / 100	160	10 - 11
240 / 109	170	12 - 13

*Settings based on XC Race application and 25% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

F-PODIUM

XC Race

Fork: FOX 32 Float StepCast Performance GRIP 100mm

Follow FOX 32 recommended settings on the left back side of the casting.

Mondraker recommended FOX 32 Float Performance GRIP fork settings based on Rider weight and XC Race application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	63	5 - 7	6 - 8
140 / 64	72	7 - 9	8 - 10
160 / 73	81	9 - 11	10 - 12
180 / 82	90	11 - 13	12 - 14
200 / 91	99	13 - 15	14 - 16
220 / 100	108	15 - 17	16 - 18
240 / 109	117	17 - 19	18 - 20

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Performance

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	110	1
140 / 64	120	2 - 3
160 / 73	130	4 - 5
180 / 82	140	6 - 7
200 / 91	150	8 - 9
220 / 100	160	10 - 11
240 / 109	170	12 - 13

*Settings based on XC Race application and 25% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

FACTOR 26

Kids

Fork: RockShox 30 Gold SoloAir R 100mm

Follow RockShox 30 Gold SoloAir R recommended settings on the left back side of the casting.
Mondraker recommended RockShox 30 SoloAir R 100mm fork settings based on Rider weight and Trail application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	compression
80 / 36	37	1	open
90 / 41	40	1	open
100 / 45	43	2	open
110 / 50	46	2	open
120 / 54	49	3	open
130 / 59	52	3	open
140 / 63	55	4	open

*Suggested fork sag 20%

Rear shock: RockShox Monarch R SoloAir

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	100	1
140 / 64	110	2
160 / 73	120	3
180 / 82	130	4
200 / 91	140	5
220 / 100	150	6
240 / 109	160	7

*Settings based on Trail application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

FACTOR 24

Kids

Fork: RockShox 30 Gold SoloAir R 80mm

Follow RockShox 30 Gold SoloAir R recommended settings on the left back side of the casting.
Mondraker recommended RockShox 30 SoloAir R 80mm fork settings based on Rider weight and Trail application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	compression
80 / 36	37	1	open
90 / 41	40	1	open
100 / 45	43	2	open
110 / 50	46	2	open
120 / 54	49	3	open
130 / 59	52	3	open
140 / 63	55	4	open

*Suggested fork sag 20%

Rear shock: RockShox Monarch R SoloAir

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	100	1
140 / 64	110	2
160 / 73	120	3
180 / 82	130	4
200 / 91	140	5
220 / 100	150	6
240 / 109	160	7

*Settings based on Trail application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

LEVEL RR

e-MTB Super Enduro

Fork: RockShox Lyrik Ultimate RC2 180mm

Follow RockShox Lyrik Ultimate recommended settings on the left back side of the casting +10psi suggested for e-Bike application.

Mondraker recommended RockShox Lyrik Ultimate RC2 fork settings based on Rider weight and Super Enduro application:

SAG		RECOMMENDED SETTING*		
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN		
lbs / kg	psi	rebound	HSC	LSC
120 / 54	60	5 - 6	1	2
140 / 64	70	7 - 8	1	4
160 / 73	80	9 - 10	2	6
180 / 82	90	11 - 12	2	8
200 / 91	100	13 - 14	3	10
220 / 100	110	15 - 16	3	12
240 / 109	120	17 - 18	3	14

*Suggested fork sag 20%

Rear shock: RockShox Super Deluxe Coil Ultimate RCT

Size S: 300 lbs Size M: 300 lbs Size L: 350 lbs Size XL: 400 lbs

SAG		RECOMMENDED SETTING*		
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN		
lbs / kg	lbs	LSC	rebound	compression lever
120 / 54	300	1	1 - 2	open
140 / 64	300	2	2 - 3	open
160 / 73	300	3	3 - 4	open
180 / 82	300	4	4 - 5	open
200 / 91	350	5	5 - 6	open
220 / 100	350	6	6 - 7	open
240 / 109	400	7	7 - 8	open

*Settings based on Super Enduro application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

LEVEL R

e-MTB Super Enduro

Fork: RockShox Lyrik Select RC 180mm

Follow RockShox Lyrik Select RC recommended settings on the left back side of the casting +10psi suggested for e-Bike application.

Mondraker recommended RockShox Lyrik Select RC fork settings based on Rider weight and SuperEnduro application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	LSC
120 / 54	60	5 - 6	1
140 / 64	70	7 - 8	1
160 / 73	80	9 - 10	2
180 / 82	90	11 - 12	2
200 / 91	100	13 - 14	3
220 / 100	110	15 - 16	3
240 / 109	120	17 - 18	3

*Suggested fork sag 20%

Rear shock: RockShox Super Deluxe Coil Select +

Size S: 300 lbs Size M: 300 lbs Size L: 350 lbs Size XL: 400 lbs

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	lbs	rebound	compression lever
120 / 54	300	1 - 2	open
140 / 64	300	2 - 3	open
160 / 73	300	3 - 4	open
180 / 82	300	4 - 5	open
200 / 91	350	5 - 6	open
220 / 100	350	6 - 7	open
240 / 109	400	7 - 8	open

*Settings based on Super Enduro application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

CRAFTY RR

e-MTB Enduro / All Mountain

Fork: FOX 36 Float FIT4 EVOL Factory Kashima 160mm

Follow FOX 36 Float FIT4 recommended settings on the left back side of the casting +10psi suggested for e-Bike application
Mondraker recommended Fox 36 Float FIT4 fork settings based on Rider weight and Enduro / All Mountain e-MTB application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	65	6-8	2 - 3
140 / 64	74	8 - 10	4 - 5
160 / 73	83	10 - 12	6 - 7
180 / 82	92	12 - 14	8 - 9
200 / 91	101	14 - 16	10 - 11
220 / 100	110	16 - 18	12 - 13
240 / 109	119	18 - 20	14 - 15

*Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	135	1
140 / 64	150	1 - 2
160 / 73	165	2 - 3
180 / 82	180	3 - 4
200 / 91	195	4 - 5
220 / 100	210	5 - 6
240 / 109	225	6 - 7

*Settings based on Enduro / All Mountain e-MTB application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

CRAFTY R

e-MTB Enduro / All Mountain

Fork: FOX 36 Float FIT GRIP EVOL Rhythm 160mm

Follow FOX 36 Float recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 GRIP EVOL Rhythm fork settings based on Rider weight and e-Bike application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	GRIP compression
120 / 54	55	7 - 9	open
140 / 64	64	9 - 11	open
160 / 73	73	11 - 13	open
180 / 82	82	13 - 15	mid
200 / 91	91	15 - 17	mid
220 / 100	100	17 - 19	mid
240 / 109	109	19 - 21	mid

*Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	135	1
140 / 64	150	1 - 2
160 / 73	165	2 - 3
180 / 82	180	3 - 4
200 / 91	195	4 - 5
220 / 100	210	5 - 6
240 / 109	225	6 - 7

*Settings based on Enduro / All Mountain e-MTB application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

DUSK RR

e-MTB Enduro / All Mountain

Fork: FOX 36 Float FIT GRIP EVOL Rhythm 160mm

Follow FOX 36 Float recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 GRIP EVOL Rhythm fork settings based on Rider weight and e-Bike application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	GRIP compression
120 / 54	55	7 - 9	open
140 / 64	64	9 - 11	open
160 / 73	73	11 - 13	open
180 / 82	82	13 - 15	mid
200 / 91	91	15 - 17	mid
220 / 100	100	17 - 19	mid
240 / 109	109	19 - 21	mid

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Performance

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	124	1
140 / 64	136	1 - 2
160 / 73	148	3 - 4
180 / 82	160	4 - 5
200 / 91	172	5 - 6
220 / 100	184	6 - 7
240 / 109	196	7 - 8

*Settings based on Trail-All Mountain e-MTB application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

DUSK R

e-MTB Enduro / All Mountain

Fork: RockShox Recon RL Debonair 150mm

Follow RockShox Recon RL Debonair recommended settings on the left back side of the casting +10psi for suggested e-Bike application.

Mondraker recommended RockShox Recon RL fork settings based on Rider weight and Trail / All Mountain e-MTB application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	compression
120 / 54	65	1	1
140 / 64	80	1	1
160 / 73	95	2	2
180 / 82	110	2	2
200 / 91	125	3	3
220 / 100	140	3	3
240 / 109	155	4	4

*Suggested fork sag 20%

Rear shock: RockShox Deluxe Select R Debonair

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	120	1
140 / 64	130	1 - 2
160 / 73	140	2 - 3
180 / 82	150	3 - 4
200 / 91	160	4 - 5
220 / 100	170	5 - 6
240 / 109	180	6 - 7

*Settings based on Trail-All Mountain e-MTB application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2020

CHASER 29 / CHASER +

e-MTB Trail

Fork: RockShox Recon RL Debonair 150mm

Follow RockShox Recon RL Debonair recommended settings on the left back side of the casting +10psi for suggested e-Bike application.

Mondraker recommended RockShox Recon RL fork settings based on Rider weight and Trail / All Mountain e-MTB application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	compression
120 / 54	65	1	1
140 / 64	80	1	1
160 / 73	95	2	2
180 / 82	110	2	2
200 / 91	125	3	3
220 / 100	140	3	3
240 / 109	155	4	4

*Suggested fork sag 20%

Rear shock: RockShox Deluxe Select R Debonair

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	120	1
140 / 64	130	1 - 2
160 / 73	140	2 - 3
180 / 82	150	3 - 4
200 / 91	160	4 - 5
220 / 100	170	5 - 6
240 / 109	180	6 - 7

*Settings based on Trail-All Mountain e-MTB application and 30 - 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.



SUSPENSION SETUP

BIKE 2021

SUMMUM RR

Downhill

Fork: FOX 40 29 Float FIT GRIP2 EVOL Factory Kashima 203mm

Follow FOX 40 recommended settings on the bottom right back side of the casting.

Mondraker recommended FOX 40 Float FIT GRIP2 Factory Kashima settings based on rider weight and Downhill application:

SAG		RECOMMENDED SETTING			
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED			
lbs / kg	psi	HSR	LSR	HSC	LSC
120 / 54	54	8 - 7	14 - 12	8 - 7	14 - 12
140 / 64	62	7 - 6	12 - 10	7 - 6	12 - 10
160 / 73	70	6 - 5	10 - 8	6 - 5	10 - 8
180 / 82	78	5 - 4	8 - 6	5 - 4	8 - 6
200 / 91	86	4 - 3	6 - 4	4 - 3	6 - 4
220 / 100	94	3 - 2	4 - 2	3 - 2	4 - 2
240 / 109	102	2 - 1	3 - 1	2 - 1	3 - 1

*Suggested fork sag 20%

Rear shock: FOX DHX2 Factory Kashima

Size S: 400 lbs Size M: 450 lbs Size L/XL: 500 lbs

SAG		RECOMMENDED SETTING			
RIDER WEIGHT	SPRING RATE	CLICS OUT FROM FULLY CLOSED			
lbs / kg	lbs	HSC	LSC	HSR	LSR
120 / 54	400	8 - 7	15 - 13	7 - 6	15 - 13
140 / 64	400	7 - 6	13 - 11	6 - 5	13 - 11
160 / 73	450	6 - 5	11 - 9	5 - 4	11 - 9
180 / 82	450	5 - 4	9 - 7	4 - 3	9 - 7
200 / 91	500	4 - 3	7 - 5	3 - 2	7 - 5
220 / 100	500	3 - 2	5 - 3	2 - 1	5 - 3
240 / 109	500	2 - 1	3 - 1	1	3 - 1

*Settings based on Downhill application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

SUMMUM R

Downhill

Fork: FOX 40 Float FIT GRIP EVOL Performance 203mm

Follow FOX 40 recommended settings on the left back side of the casting.

Mondraker recommended FOX 40 Float FIT GRIP EVOL Performance settings based on rider weight and Downhill application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	LSR	LSC
120 / 54	49	22 - 19	8
140 / 64	56	19 - 16	8 - 7
160 / 73	63	16 - 13	7 - 6
180 / 82	70	13 - 10	6 - 5
200 / 91	77	10 - 7	5 - 4
220 / 100	84	7 - 4	4 - 3
240 / 109	91	4 - 1	3 - 2

*Suggested fork sag 20%

Rear shock: FOX DHX2 Performance Elite

Size S: 400 lbs Size M: 450 lbs Size L/XL: 500 lbs

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	SPRING RATE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	lbs	LSC	LSR
120 / 54	400	22 - 19	17 - 15
140 / 64	400	19 - 16	15 - 13
160 / 73	450	16 - 13	13 - 11
180 / 82	450	13 - 10	11 - 9
200 / 91	500	10 - 7	9 - 7
220 / 100	500	7 - 4	7 - 5
240 / 109	500	4 - 1	5 - 3

*Settings based on Downhill application and 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

SUMMUM

Downhill

Fork: RockShox BoXXer Select RC 29 DebonAir 200mm

Mondraker recommended RockShox BoXXer Select RC fork settings based on rider weight and Downhill application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	LSR	LSC
120 / 54	95	17 - 15	5
140 / 64	105	15 - 13	5
160 / 73	115	13 - 11	5 - 4
180 / 82	125	11 - 9	4 - 3
200 / 91	135	9 - 7	4 - 3
220 / 100	145	7 - 5	3 - 2
240 / 109	155	5 - 3	3 - 2

*Suggested fork sag 20%

Rear shock: FOX VAN RC Performance

Size S: 400 lbs Size M: 450 lbs Size L/XL: 500 lbs

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	SPRING RATE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	lbs	LSC	LSR
120 / 54	400	17 - 15	15 - 14
140 / 64	400	15 - 13	14 - 13
160 / 73	450	13 - 11	13 - 12
180 / 82	450	11 - 9	12 - 11
200 / 91	500	9 - 7	11 - 10
220 / 100	500	7 - 5	10 - 9
240 / 109	500	5 - 3	9 - 8

*Settings based on Downhill application and 35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

SUPERFOXY CARBON RR

Super Enduro

Fork: FOX 38 Float FIT GRIP2 EVOL Factory Kashima 170mm

Follow FOX 38 recommended settings on the left back side of the casting.

Mondraker recommended FOX 38 FIT GRIP2 fork settings based on Rider weight and SuperEnduro application:

SAG		RECOMMENDED SETTING			
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED			
lbs / kg	psi	HSC	LSR	HSC	LSC
120 / 54	55	9	15 - 13	7	16 - 14
140 / 64	64	8 - 7	13 - 11	7 - 6	14 - 12
160 / 73	73	7 - 6	11 - 9	6 - 5	12 - 10
180 / 82	82	6 - 5	9 - 7	5 - 4	10 - 8
200 / 91	91	5 - 4	7 - 5	4 - 3	8 - 6
220 / 100	100	4 - 3	5 - 3	3 - 2	6 - 4
240 / 109	109	3 - 2	3 - 1	2 - 1	4 - 2

*Suggested fork sag 20%

Rear shock: Öhlins TTX Air 160mm

SAG		RECOMMENDED SETTING		
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED		
lbs / kg	psi	LSR	LSC	HSC (Lever position)
120 / 54	125	10 - 8	10 - 9	3
140 / 64	140	9 - 7	9 - 8	3
160 / 73	165	8 - 6	8 - 7	3
180 / 82	180	7 - 5	7 - 6	3
200 / 91	195	6 - 4	6 - 5	3
220 / 100	210	5 - 3	5 - 4	3
240 / 109	225	4 - 2	4 - 3	3

*Settings based on Super Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

SUPERFOXY CARBON R

Super Enduro

Fork: FOX 38 29 Float FIT GRIP EVOL Performance 170mm

Follow FOX 38 Float recommended settings on the bottom right back side of the casting.
Mondraker recommended FOX 38 GRIP EVOL Performance fork settings based on rider weight and Super Enduro application:

SAG		RECOMMENDED SETTING		
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED		
lbs / kg	psi	LSR	GRIP compression	
120 / 54	56	15 - 13	open	
140 / 64	65	13 - 11	open	
160 / 73	74	11 - 9	open	
180 / 82	83	9 - 7	open	
200 / 91	92	7 - 5	open	
220 / 100	101	5 - 3	mid	
240 / 109	110	3 - 1	mid	

*Suggested fork sag 20%

Rear shock: Öhlins TTX Air 160mm

SAG		RECOMMENDED SETTING		
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED		
lbs / kg	psi	LSR	LSC	HSC (Lever position)
120 / 54	125	10 - 8	10 - 9	3
140 / 64	140	9 - 7	9 - 8	3
160 / 73	165	8 - 6	8 - 7	3
180 / 82	180	7 - 5	7 - 6	3
200 / 91	195	6 - 4	6 - 5	3
220 / 100	210	5 - 3	5 - 4	3
240 / 109	225	4 - 2	4 - 3	3

*Settings based on Super Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

SUPERFOXY R

Super Enduro

Fork: FOX 38 29 Float FIT GRIP EVOL Performance 170mm

Follow FOX 38 Float recommended settings on the bottom right back side of the casting.
Mondraker recommended FOX 38 GRIP EVOL Performance fork settings based on rider weight and Super Enduro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	LSR	GRIP compression
120 / 54	56	15 - 13	open
140 / 64	65	13 - 11	open
160 / 73	74	11 - 9	open
180 / 82	83	9 - 7	open
200 / 91	92	7 - 5	open
220 / 100	101	5 - 3	mid
240 / 109	110	3 - 1	mid

*Suggested fork sag 20%

Rear shock: FOX Float X2 EVOL Performance

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	LSC	LSR
120 / 54	130	22 - 18	20 - 18
140 / 64	145	20 - 16	19 - 17
160 / 73	160	18 - 14	18 - 16
180 / 82	175	16 - 12	17 - 15
200 / 91	190	14 - 10	16 - 14
220 / 100	205	12 - 8	15 - 13
240 / 109	220	10 - 6	14 - 12

*Settings based on Super Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

SUPERFOXY

Super Enduro

Fork: RockShox ZEB RC 29, 170mm

Follow RockShox ZEB recommended settings on the left back side of the casting.
Mondraker recommended RockShox ZEB RC fork settings based on rider weight and Super Enduro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	compression
120 / 54	38	16 - 14	open
140 / 64	46	14 - 12	open
160 / 73	54	12 - 10	open
180 / 82	62	10 - 8	open
200 / 91	70	8 - 6	open
220 / 100	78	6 - 4	open
240 / 109	86	4 - 2	open

*Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	165	14
140 / 64	170	14 - 13
160 / 73	185	13 - 12
180 / 82	200	12 - 11
200 / 91	215	11 - 10
220 / 100	230	10 - 9
240 / 109	245	9 - 8

*Settings based on Super Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

FOXY CARBON XR

Enduro

Fork: Öhlins RXF36 M.2 170mm

Follow Öhlins RXF36 M.2 recommended settings on the bottom right back side of the casting.
Mondraker recommended Öhlins RXF36 M.2 fork settings based on rider weight and Enduro application:

SAG			RECOMMENDED SETTING		
RIDER WEIGHT	AIR PRESSURE*		CLICS OUT FROM FULLY CLOSED		
lbs / kg	psi (top)	psi (bottom)	LSR	LSC	HSC (Lever position)
120 / 54	60	160 - 170	12 - 10	15 - 14	4
140 / 64	70	170 - 180	11 - 9	14 - 13	4
160 / 73	80	180 - 190	10 - 8	13 - 12	4
180 / 82	90	190 - 200	9 - 7	12 - 11	4
200 / 91	100	200 - 210	8 - 6	11 - 10	4
220 / 100	110	210 - 220	7 - 5	10 - 9	3
240 / 109	120	220 - 230	6 - 4	9 - 8	3

*Main chamber (top) / Ramp up chamber (bottom)
High Speed Compression Lever positions out from full closed
Suggested fork sag 20%

Rear shock: Öhlins TTX Air 150mm

SAG		RECOMMENDED SETTING		
RIDER WEIGHT	SPRING RATE	CLICS OUT FROM FULLY CLOSED		
lbs / kg	lbs	LSR	LSC	HSC (Lever position)
120 / 54	115	10 - 8	10 - 9	3
140 / 64	130	9 - 7	9 - 8	3
160 / 73	145	8 - 6	8 - 7	3
180 / 82	160	7 - 5	7 - 6	3
200 / 91	175	6 - 4	6 - 5	3
220 / 100	190	5 - 3	5 - 4	3
240 / 109	205	4 - 2	4 - 3	3

*Settings based on Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

FOXY CARBON RR

Enduro

Fork: Öhlins RXF36 M.2 160mm

Follow Öhlins RXF36 M.2 recommended settings on the bottom right back side of the casting.
Mondraker recommended Öhlins RXF36 M.2 fork settings based on rider weight and Enduro application:

SAG			RECOMMENDED SETTING		
RIDER WEIGHT	AIR PRESSURE*		CLICS OUT FROM FULLY CLOSED		
lbs / kg	psi (top)	psi (bottom)	LSR	LSC	HSC (Lever position)
120 / 54	70	160 - 170	12 - 10	15 - 14	4
140 / 64	80	170 - 180	11 - 9	14 - 13	4
160 / 73	90	180 - 190	10 - 8	13 - 12	4
180 / 82	100	190 - 200	9 - 7	12 - 11	4
200 / 91	110	200 - 210	8 - 6	11 - 10	4
220 / 100	120	210 - 220	7 - 5	10 - 9	3
240 / 109	130	220 - 230	6 - 4	9 - 8	3

*Main chamber (top) / Ramp up chamber (bottom)
High Speed Compression Lever positions out from full closed
Suggested fork sag 20%

Rear shock: Öhlins TTX Air 150mm

SAG		RECOMMENDED SETTING		
RIDER WEIGHT	SPRING RATE	CLICS OUT FROM FULLY CLOSED		
lbs / kg	lbs	LSR	LSC	HSC (Lever position)
120 / 54	115	10 - 8	10 - 9	3
140 / 64	130	9 - 7	9 - 8	3
160 / 73	145	8 - 6	8 - 7	3
180 / 82	160	7 - 5	7 - 6	3
200 / 91	175	6 - 4	6 - 5	3
220 / 100	190	5 - 3	5 - 4	3
240 / 109	205	4 - 2	4 - 3	3

*Settings based on Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

FOXY CARBON R

Enduro

Fork: FOX 36 Float FIT GRIP EVOL 3P Performance 160mm

Follow FOX 36 recommended settings on the bottom right back side of the casting.
Mondraker recommended FOX 36 FIT GRIP EVOL 3P fork settings based on rider weight and Enduro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	GRIP compression
120 / 54	55	14 - 12	open
140 / 64	64	12 - 10	open
160 / 73	73	10 - 8	open
180 / 82	82	8 - 6	open
200 / 91	91	6 - 4	mid
220 / 100	100	4 - 2	mid
240 / 109	109	2 - 1	mid

*Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Performance 150mm

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	100	14 - 12
140 / 64	120	12 - 10
160 / 73	140	10 - 8
180 / 82	160	8 - 6
200 / 91	180	6 - 4
220 / 100	200	4 - 2
240 / 109	210	2 - 1

*Settings based on Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

FOXY R

Enduro

Fork: FOX 36 Float FIT GRIP EVOL 3P Performance 160mm

Follow FOX 36 recommended settings on the bottom right back side of the casting.
Mondraker recommended FOX 36 FIT GRIP EVOL 3P fork settings based on rider weight and Enduro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	GRIP compression
120 / 54	55	14 - 12	open
140 / 64	64	12 - 10	open
160 / 73	73	10 - 8	open
180 / 82	82	8 - 6	open
200 / 91	91	6 - 4	mid
220 / 100	100	4 - 2	mid
240 / 109	109	2 - 1	mid

*Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Performance 150mm

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	100	14 - 12
140 / 64	120	12 - 10
160 / 73	140	10 - 8
180 / 82	160	8 - 6
200 / 91	180	6 - 4
220 / 100	200	4 - 2
240 / 109	210	2 - 1

*Settings based on Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

FOXY

Enduro

Fork: FOX 36 Float FIT GRIP EVOL Rhythm 160mm

Follow FOX 36 recommended settings on the bottom right back side of the casting.

Mondraker recommended FOX 36 GRIP EVOL Rhythm fork settings based on rider weight and Enduro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	GRIP compression
120 / 54	46	16 - 14	open
140 / 64	55	14 - 12	open
160 / 73	64	12 - 10	open
180 / 82	73	10 - 8	open
200 / 91	82	8 - 6	mid
220 / 100	91	6 - 4	mid
240 / 109	100	4 - 2	mid

*Suggested fork sag 20%

Rear shock: FOX DPS EVOL Performance

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	compression
120 / 54	114	14 - 12	open
140 / 64	126	13 - 11	open
160 / 73	138	12 - 10	open
180 / 82	150	11 - 9	open
200 / 91	162	10 - 8	open
220 / 100	174	9 - 7	open
240 / 109	186	8 - 6	open

*Settings based on Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

CRAFTY CARBON RR SL

E-MTB Enduro

Fork: FOX 36 Float FIT4 EVOL Factory Kashima 160mm

Follow FOX 36 Float FIT4 recommended settings on the bottom right back side of the casting.
Mondraker recommended Fox 36 Float FIT4 fork settings based on rider weight and E-MTB Enduro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	LSR	FIT4 compression
120 / 54	65	14 - 12	15 - 14
140 / 64	74	12 - 10	13 - 12
160 / 73	83	10 - 8	11 - 10
180 / 82	92	8 - 6	9 - 8
200 / 91	101	6 - 4	7 - 6
220 / 100	110	4 - 2	5 - 4
240 / 109	119	2 - 1	3 - 2

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Factory Kashima 150 mm

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	compression (open position)
120 / 54	124	14 - 12	1
140 / 64	136	13 - 11	1
160 / 73	148	12 - 10	1
180 / 82	160	11 - 9	1
200 / 91	172	10 - 8	2
220 / 100	184	9 - 7	2
240 / 109	196	8 - 6	2

*Settings based on E-MTB Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

CRAFTY CARBON XR

E-MTB Enduro

Fork: Öhlins RXF38 M.2 170mm

Follow Öhlins RXF38 recommended settings on the bottom right back side of the casting.
Mondraker recommended Öhlins RXF38 fork settings based on rider weight and E-MTB Enduro application:

SAG		RECOMMENDED SETTING			
RIDER WEIGHT	AIR PRESSURE*		CLICS OUT FROM FULLY CLOSED		
lbs / kg	psi (top)	psi (bottom)	LSR	LSC	HSC (Lever position)
120 / 54	70	170 - 180	15 - 13	15 - 13	4
140 / 64	80	180 - 190	13 - 11	13 - 11	4
160 / 73	90	190 - 200	12 - 10	12 - 10	4
180 / 82	100	200 - 210	10 - 8	10 - 8	4
200 / 91	110	210 - 220	8 - 6	8 - 6	3
220 / 100	120	220 - 230	6 - 4	6 - 4	3
240 / 109	130	230 - 240	4 - 2	4 - 2	3

*Main chamber (top) / Ramp up chamber (bottom)
High Speed Compression Lever positions out from full closed
Suggested fork sag 20%

Rear shock: Öhlins TTX Air 150mm

SAG		RECOMMENDED SETTING		
RIDER WEIGHT	SPRING RATE	CLICS OUT FROM FULLY CLOSED		
lbs / kg	lbs	LSR	LSC	HSC (Lever position)
120 / 54	115	12	10	3
140 / 64	130	11 - 10	9 - 8	3
160 / 73	145	10 - 9	8 - 7	3
180 / 82	160	9 - 8	7 - 6	3
200 / 91	175	7 - 6	6 - 5	3
220 / 100	190	6 - 5	5 - 4	3
240 / 109	205	5 - 4	4 - 3	3

*Settings based on E-MTB Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

CRAFTY CARBON RR

E-MTB Enduro

Fork: FOX 36 Float FIT4 EVOL Factory Kashima 160mm

Follow FOX 36 Float FIT4 recommended settings on the bottom right back side of the casting.
Mondraker recommended Fox 36 Float FIT4 fork settings based on rider weight and E-MTB Enduro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	65	14 - 12	15 - 14
140 / 64	74	12 - 10	13 - 12
160 / 73	83	10 - 8	11 - 10
180 / 82	92	8 - 6	9 - 8
200 / 91	101	6 - 4	7 - 6
220 / 100	110	4 - 2	5 - 4
240 / 109	119	2 - 1	3 - 2

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Factory Kashima 150mm

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	compression (open position)
120 / 54	124	14 - 12	1
140 / 64	136	13 - 11	1
160 / 73	148	12 - 10	1
180 / 82	160	11 - 9	1
200 / 91	172	10 - 8	2
220 / 100	184	9 - 7	2
240 / 109	196	8 - 6	2

*Settings based on E-MTB Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

CRAFTY CARBON R

E-MTB Enduro

Fork: FOX 36 Float FIT GRIP EVOL Performance 160mm

Follow FOX 36 recommended settings on the bottom right back side of the casting
Mondraker recommended Fox 36 Float FIT GRIP EVOL Performance fork settings based on rider weight and E-MTB Enduro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	GRIP compression
120 / 54	65	14 - 12	open
140 / 64	74	12 - 10	open
160 / 73	83	10 - 8	open
180 / 82	92	8 - 6	mid
200 / 91	101	6 - 4	mid
220 / 100	110	4 - 2	mid
240 / 109	119	2 - 1	mid

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Performance 150mm

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	124	14 - 12
140 / 64	136	13 - 11
160 / 73	148	12 - 10
180 / 82	160	11 - 9
200 / 91	172	10 - 8
220 / 100	184	9 - 7
240 / 109	196	8 - 6

*Settings based on E-MTB Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

LEVEL RR

E-MTB Super Enduro

Fork: Öhlins RXF 38 29 180mm

Follow Öhlins RXF 38 recommended settings on the bottom right back side of the casting.
Mondraker recommended Öhlins RXF 38 29 180mm fork settings based on rider weight and E-MTB Super Enduro application:

SAG		RECOMMENDED SETTING			
RIDER WEIGHT	AIR PRESSURE*		CLICS OUT FROM FULLY CLOSED		
lbs / kg	psi (top)	psi (bottom)	LSR	LSC	HSC (Lever position)
120 / 54	70	190 - 200	12 - 10	15 - 14	4
140 / 64	85	200 - 210	11 - 9	13 - 12	4
160 / 73	100	205 - 215	10 - 8	11 - 10	4
180 / 82	115	215 - 225	9 - 7	9 - 8	4
200 / 91	130	220 - 230	8 - 6	7 - 6	4
220 / 100	145	230 - 240	7 - 5	5 - 4	3
240 / 109	160	235 - 245	6 - 4	3 - 2	3

*Main chamber (top) / Ramp up chamber (bottom)
High Speed Compression Lever positions out from full closed
Suggested fork sag 20%

Rear shock: Öhlins TTX22M

Size S: 251 lbs Size M: 297 lbs Size L: 343 lbs Size XL: 411 lbs

SAG		RECOMMENDED SETTING		
RIDER WEIGHT	SPRING RATE	CLICS OUT FROM FULLY CLOSED		
lbs / kg	lbs	LSR	LSC	HSC (Lever position)
120 / 54	251	6	18 - 16	3
140 / 64	251	6	16 - 14	3
160 / 73	297	6 - 5	14 - 12	3
180 / 82	297	6 - 5	12 - 10	3
200 / 91	343	5 - 4	10 - 8	3
220 / 100	343	5 - 4	8 - 6	3
240 / 109	400	4 - 3	6 - 4	3

*Settings based on E-MTB Super Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

LEVEL R

E-MTB Super Enduro

Fork: FOX 38 29 Float FIT GRIP EVOL Performance 180mm

Follow FOX 38 Float recommended settings on the bottom right back side of the casting.
Mondraker recommended FOX 38 GRIP EVOL Performance fork settings based on rider weight and E-MTB Super Enduro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	GRIP compression
120 / 54	65	15 - 13	open
140 / 64	74	13 - 11	open
160 / 73	83	11 - 9	open
180 / 82	92	9 - 7	open
200 / 91	101	7 - 5	open
220 / 100	110	5 - 3	mid
240 / 109	119	3 - 1	mid

*Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Performance

Size S: 300 lbs Size M: 350 lbs Size L/XL: 400 lbs

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	LSC	LSR
120 / 54	300	22 - 19	17 - 15
140 / 64	300	19 - 16	15 - 13
160 / 73	350	16 - 13	13 - 11
180 / 82	350	13 - 10	11 - 9
200 / 91	400	10 - 7	9 - 7
220 / 100	400	7 - 4	7 - 5
240 / 109	400	4 - 1	5 - 3

*Settings based on E-MTB Super Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

CRAFTY RR

E-MTB Enduro

Fork: FOX 38 29 Float FIT4 EVOL Factory Kashima 160mm

Follow FOX 38 Float recommended settings on the bottom right back side of the casting.
Mondraker recommended FOX 38 Factory Kashima fork settings based on rider weight and E-MTB Enduro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	GRIP compression
120 / 54	70	14 - 12	open
140 / 64	79	12 - 10	open
160 / 73	88	10 - 8	open
180 / 82	97	8 - 6	mid
200 / 91	106	6 - 4	mid
220 / 100	115	4 - 2	mid
240 / 109	124	2 - 1	mid

*Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Factory Kashima

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	130	14
140 / 64	145	14 - 13
160 / 73	160	13 - 12
180 / 82	175	12 - 11
200 / 91	190	11 - 10
220 / 100	205	10 - 9
240 / 109	220	9 - 8

*Settings based on E-MTB Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

CRAFTY R

E-MTB Enduro

Fork: FOX 38 29 Float FIT GRIP EVOL Performance 160mm

Follow FOX 38 Float recommended settings on the bottom right back side of the casting.
Mondraker recommended FOX 38 GRIP EVOL Performance fork settings based on rider weight and E-MTB Enduro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	GRIP compression
120 / 54	70	14 - 12	open
140 / 64	79	12 - 10	open
160 / 73	88	10 - 8	open
180 / 82	97	8 - 6	mid
200 / 91	106	6 - 4	mid
220 / 100	115	4 - 2	mid
240 / 109	124	2 - 1	mid

*Suggested fork sag 20%

Rear shock: FOX DPX2 EVOL Performance

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	130	14
140 / 64	145	14 - 13
160 / 73	160	13 - 12
180 / 82	175	12 - 11
200 / 91	190	11 - 10
220 / 100	205	10 - 9
240 / 109	220	9 - 8

*Settings based on E-MTB Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

CHASER 29 / CHASER +

E-MTB Enduro

Fork: RockShox 35 Gold TK Solo Air 160mm

Follow RockShox 35 Gold TK Solo Air recommended settings on the left back side of the casting +10psi for suggested e-Bike application:

Mondraker recommended RockShox 35 Gold TK fork settings based on rider weight and E-MTB Enduro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	compression
120 / 54	85	5	open
140 / 64	100	5 - 4	open
160 / 73	115	4 - 3	open
180 / 82	130	3 - 2	open
200 / 91	145	3 - 2	open
220 / 100	160	2 - 1	open
240 / 109	175	1	open

*Suggested fork sag 20%

Rear shock: RockShox Deluxe Select R Debonair

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	120	9
140 / 64	130	9 - 8
160 / 73	140	8 - 7
180 / 82	150	7 - 6
200 / 91	160	6 - 5
220 / 100	170	5 - 4
240 / 109	180	4 - 3

*Settings based on E-MTB Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

DUSK RR

E-MTB Enduro

Fork: FOX 36 Float FIT4 EVOL Factory Kashima 160mm

Follow FOX 36 Float FIT4 recommended settings on the bottom right back side of the casting.
Mondraker recommended Fox 36 Float FIT4 fork settings based on rider weight and E-MTB Enduro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	65	14 - 12	15 - 14
140 / 64	74	12 - 10	13 - 12
160 / 73	83	10 - 8	11 - 10
180 / 82	92	8 - 6	9 - 8
200 / 91	101	6 - 4	7 - 6
220 / 100	110	4 - 2	5 - 4
240 / 109	119	2 - 1	3 - 2

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Performance 150mm

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	compression (position)
120 / 54	124	14 - 12	open
140 / 64	136	13 - 11	open
160 / 73	148	12 - 10	open
180 / 82	160	11 - 9	open
200 / 91	172	10 - 8	open
220 / 100	184	9 - 7	open
240 / 109	196	8 - 6	open

*Settings based on E-MTB Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

DUSK R

E-MTB Enduro

Fork: FOX 36 Float FIT GRIP EVOL Rhythm 160mm

Follow FOX 36 Float recommended settings on the left back side of the casting.

Mondraker recommended FOX 36 GRIP EVOL Rhythm fork settings based on rider weight and E-MTB Enduro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	GRIP compression
120 / 54	55	14 - 12	open
140 / 64	64	12 - 10	open
160 / 73	73	10 - 8	open
180 / 82	82	8 - 6	mid
200 / 91	91	6 - 4	mid
220 / 100	100	4 - 2	mid
240 / 109	109	2 - 1	mid

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Performance 150mm

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	compression (position)
120 / 54	124	14 - 12	open
140 / 64	136	13 - 11	open
160 / 73	148	12 - 10	open
180 / 82	160	11 - 9	open
200 / 91	172	10 - 8	open
220 / 100	184	9 - 7	open
240 / 109	196	8 - 6	open

*Settings based on E-MTB Enduro application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

F-PODIUM DC RR

XC Race

Fork: RockShox SID Ultimate RL 29 120mm

Follow RockShox SID Ultimate recommended settings on the left back side of the casting.
Mondraker recommended RockShox SID Ultimate fork settings based on rider weight and XC Race application:

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	45	10 - 8
140 / 64	59	9 - 7
160 / 73	73	8 - 6
180 / 82	87	7 - 5
200 / 91	101	6 - 4
220 / 100	115	5 - 3
240 / 109	129	4 - 2

*Suggested fork sag 20%

Rear shock: RockShox SID Luxe Ultimate RLR Debonair

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	85	10
140 / 64	110	10 - 9
160 / 73	135	9 - 8
180 / 82	160	8 - 7
200 / 91	185	7 - 6
220 / 100	210	6 - 5
240 / 109	235	5 - 4

*Settings based on XC Race application and 25% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

F-PODIUM DC R

XC Race

Fork: FOX 34 StepCast Factory Kashima 120mm

Follow FOX 34 recommended settings on the left back side of the casting.

Mondraker recommended FOX 34 StepCast Factory Kashima fork settings based on rider weight and XC Race application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	55	19 - 17	20 - 18
140 / 64	64	17 - 15	18 - 16
160 / 73	73	15 - 13	16 - 14
180 / 82	82	13 - 11	14 - 12
200 / 91	91	11 - 9	12 - 10
220 / 100	100	9 - 7	10 - 8
240 / 109	109	7 - 5	8 - 6

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Factory Kashima

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	115	13 - 12
140 / 64	125	11 - 10
160 / 73	135	9 - 8 - 5
180 / 82	145	7 - 6
200 / 91	155	6 - 5
220 / 100	165	5 - 4
240 / 109	175	4 - 3

*Settings based on XC Race application and 25% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

F-PODIUM DC

XC Race

Fork: RockShox SID Select RL 29 120mm

Follow RockShox SID Select recommended settings on the left back side of the casting.
Mondraker recommended RockShox SID Select fork settings based on rider weight and XC Race application:

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	45	15 - 13
140 / 64	59	13 - 11
160 / 73	73	11 - 9
180 / 82	87	9 - 7
200 / 91	101	7 - 5
220 / 100	115	5 - 3
240 / 109	129	3 - 1

*Suggested fork sag 20%

Rear shock: RockShox SID Luxe Select+ Debonair

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	85	10
140 / 64	110	10 - 9
160 / 73	135	9 - 8
180 / 82	160	8 - 7
200 / 91	185	7 - 6
220 / 100	210	6 - 5
240 / 109	235	5 - 4

*Settings based on XC Race application and 25% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

F-PODIUM RR

XC Race

Fork: RockShox SID SL Ultimate RL 29 100mm

Follow RockShox SID Ultimate recommended settings on the left back side of the casting.
Mondraker recommended RockShox SID Ultimate fork settings based on rider weight and XC Race application:

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	70	15 - 13
140 / 64	90	13 - 11
160 / 73	105	11 - 9
180 / 82	120	9 - 7
200 / 91	135	7 - 5
220 / 100	150	5 - 3
240 / 109	165	3 - 1

*Suggested fork sag 20%
Recommended sag: 20mm

Rear shock: RockShox SID Luxe Ultimate RLR Debonair

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	85	10
140 / 64	110	10 - 9
160 / 73	135	9 - 8
180 / 82	160	8 - 7
200 / 91	185	7 - 6
220 / 100	210	6 - 5
240 / 109	235	5 - 4

*Settings based on XC Race application and 25% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

F-PODIUM R

XC Race

Fork: FOX 32 Float StepCast Factory Kashima 100mm

Follow FOX 32 recommended settings on the left back side of the casting.

Mondraker recommended FOX 32 Float FIT4 fork settings based on rider weight and XC Race application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	63	19 - 17	20 - 18
140 / 64	72	17 - 15	18 - 16
160 / 73	81	15 - 13	16 - 14
180 / 82	90	13 - 11	14 - 12
200 / 91	99	11 - 9	12 - 10
220 / 100	108	9 - 7	10 - 8
240 / 109	117	7 - 5	8 - 6

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Factory Kashima

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	115	13 - 12
140 / 64	125	11 - 10
160 / 73	135	9 - 8
180 / 82	145	7 - 6
200 / 91	155	6 - 5
220 / 100	165	5 - 4
240 / 109	175	4 - 3

*Settings based on XC Race application and 25% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

F-PODIUM

XC Race

Fork: RockShox SID SL Select RL 29 100mm

Follow RockShox SID SL Select recommended settings on the left back side of the casting.
Mondraker recommended RockShox SID SL Select fork settings based on rider weight and XC Race application:

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	70	16 - 14
140 / 64	90	14 - 12
160 / 73	105	12 - 10
180 / 82	120	10 - 8
200 / 91	135	8 - 6
220 / 100	150	6 - 4
240 / 109	165	4 - 2

*Suggested fork sag 20%

Rear shock: RockShox SID Luxe Select+ Debonair

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	85	10
140 / 64	110	10 - 9
160 / 73	135	9 - 8
180 / 82	160	8 - 7
200 / 91	185	7 - 6
220 / 100	210	6 - 5
240 / 109	235	5 - 4

*Settings based on XC Race application and 25% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

FACTOR 26

Kids

Fork: X-Fusion Velvet RL2 26 120mm

Follow X-Fusion Velvet RL2 recommended settings on the left back side of the casting.
Mondraker recommended X-Fusion Velvet 120mm fork settings based on rider weight and Trail application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	compression
80 / 36	35	24 - 22	open
90 / 41	40	22 - 20	open
100 / 45	45	20 - 18	open
110 / 50	50	18 - 16	open
120 / 54	55	16 - 14	open
130 / 59	60	14 - 12	open
140 / 64	65	12 - 10	open

*Suggested fork sag 20%

Rear shock: X-Fusion O2 Pro R

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
80 / 36	30	9
90 / 41	40	9
100 / 45	50	9
110 / 50	60	8
120 / 54	70	8
130 / 59	80	7
140 / 64	90	7

*Settings based on Trail application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

FACTOR 24

Kids

Fork: X-Fusion Velvet RL2 26 100mm

Follow X-Fusion Velvet RL2 recommended settings on the left back side of the casting.
Mondraker recommended X-Fusion Velvet 100mm fork settings based on rider weight and Trail application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	compression
80 / 36	35	24 - 22	open
90 / 41	40	22 - 20	open
100 / 45	45	20 - 18	open
110 / 50	50	18 - 16	open
120 / 54	55	16 - 14	open
130 / 59	60	14 - 12	open
140 / 64	65	12 - 10	open

*Suggested fork sag 20%

Rear shock: X-Fusion O2 Pro R

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
80 / 36	30	9
90 / 41	40	9
100 / 45	50	9
110 / 50	60	8
120 / 54	70	8
130 / 59	80	7
140 / 64	90	7

*Settings based on Trail application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

F-PLAY 26

Kids

Fork: X-Fusion Velvet RL2 26 120mm

Follow X-Fusion Velvet RL2 recommended settings on the left back side of the casting.
Mondraker recommended X-Fusion Velvet 120mm fork settings based on rider weight and Trail application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	compression
80 / 36	35	24 - 22	open
90 / 41	40	22 - 20	open
100 / 45	45	20 - 18	open
110 / 50	50	18 - 16	open
120 / 54	55	16 - 14	open
130 / 59	60	14 - 12	open
140 / 64	65	12 - 10	open

*Suggested fork sag 20%

Rear shock: X-Fusion O2 Pro R

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
80 / 36	30	9
90 / 41	40	9
100 / 45	50	9
110 / 50	60	8
120 / 54	70	8
130 / 59	80	7
140 / 64	90	7

*Settings based on Trail application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

F-PLAY 24

Kids

Fork: RockShox Judy Silver TK 26 SoloAir 100mm

Follow RockShox Judy Silver recommended settings on the left back side of the casting.
Mondraker recommended RockShox Judy Silver TK SoloAir 100mm fork settings based on rider weight and Trail application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	compression
80 / 36	46	5	open
90 / 41	50	5	open
100 / 45	54	4	open
110 / 50	58	4	open
120 / 54	62	4	open
130 / 59	66	3	open
140 / 64	70	3	open

*Suggested fork sag 20%

Rear shock: SR Suntour Raidon R

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
80 / 36	30	9
90 / 41	40	9
100 / 45	50	9
110 / 50	60	8
120 / 54	70	8
130 / 59	80	7
140 / 64	90	7

*Settings based on Trail application and 30-35% recommended sag



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

PODIUM RR SL

XC Race

Fork: RockShox SID SL Ultimate RL 100mm

Follow SID SL Ultimate recommended settings on the left back side of the casting.
Mondraker recommended SID SL Ultimate RL fork settings based on rider weight and XC Race application:

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	70	15 - 13
140 / 64	90	13 - 11
160 / 73	105	11 - 9
180 / 82	120	9 - 7
200 / 91	135	7 - 5
220 / 100	150	5 - 3
240 / 109	165	3 - 1

*Suggested fork sag 20%
Recommended sag: 20mm



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

PODIUM RR

XC Race

Fork: RockShox SID SL Ultimate RL 100mm

Follow SID SL Ultimate recommended settings on the left back side of the casting.

Mondraker recommended SID SL Ultimate RL fork settings based on rider weight and XC Race application:

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	70	15 - 13
140 / 64	90	13 - 11
160 / 73	105	11 - 9
180 / 82	120	9 - 7
200 / 91	135	7 - 5
220 / 100	150	5 - 3
240 / 109	165	3 - 1

*Suggested fork sag 20%
Recommended sag: 20mm



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

PODIUM R

XC Race

Fork: FOX 32 Float StepCast Factory Kashima 100mm

Follow FOX 32 recommended settings on the left back side of the casting.

Mondraker recommended FOX 32 Float FIT4 fork settings based on rider weight and XC Race application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	63	19 - 17	20 - 18
140 / 64	72	17 - 15	18 - 16
160 / 73	81	15 - 13	16 - 14
180 / 82	90	13 - 11	14 - 12
200 / 91	99	11 - 9	12 - 10
220 / 100	108	9 - 7	10 - 8
240 / 109	117	7 - 5	8 - 6

*Suggested fork sag 20%
Recommended sag: 20mm



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

PODIUM

XC Race

Fork: RockShox SID SL Select RL 29 100mm

Follow RockShox SID SL Select recommended settings on the left back side of the casting.
Mondraker recommended RockShox SID SL Select fork settings based on rider weight and XC Race application:

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	70	16 - 14
140 / 64	90	14 - 12
160 / 73	105	12 - 10
180 / 82	120	10 - 8
200 / 91	135	8 - 6
220 / 100	150	6 - 4
240 / 109	165	4 - 2

*Suggested fork sag 20%
Recommended sag: 20mm



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

CHRONO CARBON RR

XC Pro

Fork: RockShox SID SL Ultimate RL 100mm

Follow RockShox SID SL Ultimate recommended settings on the left back side of the casting.
Mondraker recommended RockShox SID SL Ultimate RL fork settings based on rider weight and XC Pro application:

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	70	15 - 13
140 / 64	90	13 - 11
160 / 73	105	11 - 9
180 / 82	120	9 - 7
200 / 91	135	7 - 5
220 / 100	150	5 - 3
240 / 109	165	3 - 1

*Suggested fork sag 20%
Recommended sag: 20mm



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

CHRONO CARBON R

XC Pro

Fork: RockShox SID SL Select RL 29 100mm

Follow RockShox SID SL Select recommended settings on the left back side of the casting.
Mondraker recommended RockShox SID SL Select fork settings based on rider weight and XC Pro application:

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	rebound
120 / 54	70	16 - 14
140 / 64	90	14 - 12
160 / 73	105	12 - 10
180 / 82	120	10 - 8
200 / 91	135	8 - 6
220 / 100	150	6 - 4
240 / 109	165	4 - 2

*Suggested fork sag 20%



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

CHRONO CARBON

XC Pro

Fork: RockShox Judy Gold RL 29 100mm

Follow RockShox Judy Gold RL recommended settings on the left back side of the casting.
Mondraker recommended RockShox Judy Gold RL fork settings based on rider weight and XC Pro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	compression
120 / 54	70	5	open
140 / 64	90	5 - 4	open
160 / 73	105	4 - 3	open
180 / 82	120	3 - 2	open
200 / 91	135	3 - 2	open
220 / 100	150	2 - 1	open
240 / 109	165	1	open

*Suggested fork sag 20%



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

CHRONO R

XC Pro

Fork: RockShox Recon Gold RL 29 100mm

Follow RockShox Recon Gold RL recommended settings on the left back side of the casting.
Mondraker recommended RockShox Recon Gold RL fork settings based on rider weight and XC Pro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	compression
120 / 54	70	5	open
140 / 64	90	5 - 4	open
160 / 73	105	4 - 3	open
180 / 82	120	3 - 2	open
200 / 91	135	3 - 2	open
220 / 100	150	2 - 1	open
240 / 109	165	1	open

*Suggested fork sag 20%



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.

SUSPENSION SETUP

BIKE 2021

CHRONO

XC Pro

Fork: RockShox Judy Silver TK 29 100mm

Follow RockShox Judy Silver TK recommended settings on the left back side of the casting.
Mondraker recommended RockShox Judy Silver TK fork settings based on rider weight and XC Pro application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	rebound	compression
120 / 54	70	5	open
140 / 64	90	5 - 4	open
160 / 73	105	4 - 3	open
180 / 82	120	3 - 2	open
200 / 91	135	3 - 2	open
220 / 100	150	2 - 1	open
240 / 109	165	1	open

*Suggested fork sag 20%



These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.