

SUSPENSION SETUP

F-PODIUM XC RACE

Fork: Fox 34 Step Cast Float Grip Evol Performance 110

Follow Fox 34 Step Cast recommended settings on the bottom right back side of the casting. Mondraker recommended Fox 34 Step Cast fork settings based on rider weight and XC Race application:

| SAG | | RECOMMENDED SETTING |
|-----------------------------|-------------|-----------------------------|
| RIDER WEIGHT | AIR PRESURE | CLICS OUT FROM FULLY CLOSED |
| lbs / kg | psi | LSR |
| <121-128lbs / <55-58 kg | 55 | 20-18 |
| 129,8-136,4lbs / 59-62 kg | 59 | 19-17 |
| 138,6-145,2lbs / 63-66 kg | 63 | 18-16 |
| 147,4-154lbs / 67-70 kg | 67 | 17-15 |
| 156,2-162,8lbs / 71-74 kg | 71 | 16-14 |
| 165-171,6lbs / 75-78 kg | 75 | 15-13 |
| 173,8-180,4lbs / 79-82 kg | 79 | 14-12 |
| 182,6-189,2lbs / 83-86 kg | 83 | 12-10 |
| 191,4-198lbs / 87-90 kg | 87 | 11-9 |
| 200,2-206,8lbs / 91-94 kg | 91 | 10-8 |
| 209-215,6lbs / 95-98 kg | 95 | 9-7 |
| 217,8-224,4lbs / 99-102 kg | 99 | 8-6 |
| 226,6-233,2lbs / 103-106 kg | 103 | 7-5 |
| 235,4-242lbs / 107-110 kg | 107 | 6-4 |
| 244,2-250,8lbs / 111-114 kg | 111 | 5-3 |
| >253-319lbs / >115-145 kg | 115 | 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: Fox Float DPS SV Performance Elite

| SAG | | RECOMMENDED SETTING | |
|-----------------------------|-------------|-----------------------------|-------|
| RIDER WEIGHT | AIR PRESURE | CLICS OUT FROM FULLY CLOSED | |
| lbs / kg | psi | LSC | LSR |
| <121-128lbs / <55-58 kg | 115 | open | 11 |
| 129,8-136,4lbs / 59-62 kg | 120 | open | 11-10 |
| 138,6-145,2lbs / 63-66 kg | 125 | open | 11-10 |
| 147,4-154lbs / 67-70 kg | 130 | open | 10-9 |
| 156,2-162,8lbs / 71-74 kg | 135 | open | 10-9 |
| 165-171,6lbs / 75-78 kg | 140 | open | 9-8 |
| 173,8-180,4lbs / 79-82 kg | 145 | open | 9-8 |
| 182,6-189,2lbs / 83-86 kg | 150 | open | 8-7 |
| 191,4-198lbs / 87-90 kg | 155 | open | 8-7 |
| 200,2-206,8lbs / 91-94 kg | 160 | open | 7-6 |
| 209-215,6lbs / 95-98 kg | 165 | open | 7-6 |
| 217,8-224,4lbs / 99-102 kg | 170 | open | 6-5 |
| 226,6-233,2lbs / 103-106 kg | 175 | open | 4-3 |
| 235,4-242lbs / 107-110 kg | 180 | open | 3-2 |
| 244,2-250,8lbs / 111-114 kg | 185 | open | 2-1 |
| >253-319lbs / >115-145 kg | 190 | open | 1 |

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