

SUSPENSION SETUP

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	LSC	LSR
<121-128lbs / <55-58 kg	95	5	17
129,8-136,4lbs / 59-62 kg	99	5	16
138,6-145,2lbs / 63-66 kg	103	5-4	15
147,4-154lbs / 67-70 kg	107	5-4	14
156,2-162,8lbs / 71-74 kg	111	4	13
165-171,6lbs / 75-78 kg	115	4	12
173,8-180,4lbs / 79-82 kg	119	4-3	11
182,6-189,2lbs / 83-86 kg	123	4-3	10
191,4-198lbs / 87-90 kg	127	3	9
200,2-206,8lbs / 91-94 kg	131	3	8
209-215,6lbs / 95-98 kg	135	3-2	7
217,8-224,4lbs / 99-102 kg	139	3-2	6
226,6-233,2lbs / 103-106 kg	143	2	5
235,4-242lbs / 107-110 kg	147	2	4
244,2-250,8lbs / 111-114 kg	151	2-1	3
>253-319lbs / >115-145 kg	155	1	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 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
<121-128lbs / <55-58 kg	400	17	15-14
129,8-136,4lbs / 59-62 kg	400	16-15	15-14
138,6-145,2lbs / 63-66 kg	400	15-14	14-13
147,4-154lbs / 67-70 kg	400	14-13	14-13
156,2-162,8lbs / 71-74 kg	400	13-12	13-12
165-171,6lbs / 75-78 kg	450	12-11	13-12
173,8-180,4lbs / 79-82 kg	450	11-10	12-11
182,6-189,2lbs / 83-86 kg	450	10-9	12-11
191,4-198lbs / 87-90 kg	450	9-8	11-10
200,2-206,8lbs / 91-94 kg	500	8-7	11-10
209-215,6lbs / 95-98 kg	500	7-6	10-9
217,8-224,4lbs / 99-102 kg	500	6-5	10-9
226,6-233,2lbs / 103-106 kg	500	5-4	9-8
235,4-242lbs / 107-110 kg	500	4-3	9-8
244,2-250,8lbs / 111-114 kg	500	3-2	8-7
>253-319lbs / >115-145 kg	500	2-1	8-7

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