

SUSPENSION SETUP



BIKE 2022

PODIUM R XC RACE

Fork: Fox 32 Step Cast Float FIT4 EVOL Factory Kashima, 100mm

Follow Fox 32 Step Cast Float FIT4 EVOL Factory Kashima recommended settings on the bottom right back side of the casting. Mondraker recommended Fox 32 Step Cast Float FIT4 EVOL 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	LSC	LSR
<121-128lbs / <55-58 kg	63	20-18	20-18
129,8-136,4lbs / 59-62 kg	67	19-17	19-17
138,6-145,2lbs / 63-66 kg	71	18-16	18-16
147,4-154lbs / 67-70 kg	75	17-15	17-15
156,2-162,8lbs / 71-74 kg	79	16-14	16-14
165-171,6lbs / 75-78 kg	83	15-13	15-13
173,8-180,4lbs / 79-82 kg	87	14-12	14-12
182,6-189,2lbs / 83-86 kg	91	12-10	12-10
191,4-198lbs / 87-90 kg	95	11-9	11-9
200,2-206,8lbs / 91-94 kg	99	10-8	10-8
209-215,6lbs / 95-98 kg	103	9-7	9-7
217,8-224,4lbs / 99-102 kg	107	8-6	8-6
226,6-233,2lbs / 103-106 kg	111	7-5	7-5
235,4-242lbs / 107-110 kg	115	6-4	6-4
244,2-250,8lbs / 111-114 kg	119	5-3	5-3
>253-319lbs / >115-145 kg	123	4-2	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.