

# SUSPENSION SETUP

## THUNDRA X E-MTB URBAN CROSS

### Fork: RockShox Recon Silver RL 29, 100mm

Follow RockShox Recon Silver RL 29 recommended settings on the bottom right back side of the casting. Mondraker recommended RockShox Recon Silver RL 29 fork settings based on rider weight and E-MTB Urban Cross application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	LSC	LSR
<121-128lbs / <55-58 kg	70	open	5
129,8-136,4lbs / 59-62 kg	76	open	5
138,6-145,2lbs / 63-66 kg	82	open	5-4
147,4-154lbs / 67-70 kg	88	open	5-4
156,2-162,8lbs / 71-74 kg	94	open	5-4
165-171,6lbs / 75-78 kg	100	open	4-3
173,8-180,4lbs / 79-82 kg	106	open	4-3
182,6-189,2lbs / 83-86 kg	112	open	4-3
191,4-198lbs / 87-90 kg	118	open	3-2
200,2-206,8lbs / 91-94 kg	124	open	3-2
209-215,6lbs / 95-98 kg	130	open	3-2
217,8-224,4lbs / 99-102 kg	136	open	2-1
226,6-233,2lbs / 103-106 kg	142	open	2-1
235,4-242lbs / 107-110 kg	148	open	2-1
244,2-250,8lbs / 111-114 kg	154	open	1
>253-319lbs / >115-145 kg	160	open	1

\*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.