

# SUSPENSION SETUP

## F-PODIUM RR SL XC RACE

### Fork: RockShox SID Ultimate 3P Remote 29, 120mm

Follow RockShox SID Ultimate 3P Remote recommended settings on the bottom right back side of the casting. Mondraker recommended RockShox SID Ultimate 3P Remote 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          | LSR                         |
| <121-128lbs / <55-58 kg     | 56           | 14-13                       |
| 129,8-136,4lbs / 59-62 kg   | 62           | 13-12                       |
| 138,6-145,2lbs / 63-66 kg   | 68           | 12-11                       |
| 147,4-154lbs / 67-70 kg     | 74           | 11-10                       |
| 156,2-162,8lbs / 71-74 kg   | 80           | 10-9                        |
| 165-171,6lbs / 75-78 kg     | 86           | 9-8                         |
| 173,8-180,4lbs / 79-82 kg   | 92           | 8-7                         |
| 182,6-189,2lbs / 83-86 kg   | 98           | 7-6                         |
| 191,4-198lbs / 87-90 kg     | 104          | 6-5                         |
| 200,2-206,8lbs / 91-94 kg   | 110          | 5-4                         |
| 209-215,6lbs / 95-98 kg     | 116          | 4-3                         |
| 217,8-224,4lbs / 99-102 kg  | 122          | 3-2                         |
| 226,6-233,2lbs / 103-106 kg | 128          | 3-2                         |
| 235,4-242lbs / 107-110 kg   | 134          | 2-1                         |
| 244,2-250,8lbs / 111-114 kg | 140          | 2-1                         |
| >253-319lbs / >115-145 kg   | 146          | 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.

### Rear shock: RockShox SID Luxe Ultimate 3P Remote DebonAir

| SAG                         |             | RECOMMENDED SETTING         |
|-----------------------------|-------------|-----------------------------|
| RIDER WEIGHT                | AIR PRESURE | CLICS OUT FROM FULLY CLOSED |
| lbs / kg                    | psi         | LSC LSR                     |
| <121-128lbs / <55-58 kg     | 153         | open 6                      |
| 129,8-136,4lbs / 59-62 kg   | 160         | open 6-5                    |
| 138,6-145,2lbs / 63-66 kg   | 167         | open 6-5                    |
| 147,4-154lbs / 67-70 kg     | 174         | open 5-4                    |
| 156,2-162,8lbs / 71-74 kg   | 181         | open 5-4                    |
| 165-171,6lbs / 75-78 kg     | 188         | open 4-3                    |
| 173,8-180,4lbs / 79-82 kg   | 195         | open 4-3                    |
| 182,6-189,2lbs / 83-86 kg   | 202         | open 4-3                    |
| 191,4-198lbs / 87-90 kg     | 209         | open 3-2                    |
| 200,2-206,8lbs / 91-94 kg   | 216         | open 3-2                    |
| 209-215,6lbs / 95-98 kg     | 223         | open 2-1                    |
| 217,8-224,4lbs / 99-102 kg  | 230         | open 2-1                    |
| 226,6-233,2lbs / 103-106 kg | 237         | open 1                      |
| 235,4-242lbs / 107-110 kg   | 244         | open 1                      |
| 244,2-250,8lbs / 111-114 kg | 251         | open 1                      |
| >253-319lbs / >115-145 kg   | 258         | open 1                      |

\*Settings based on Cross Country Racing application and 25% recommended sag