

SUSPENSION SETUP

PODIUM RR SL XC RACE

Fork: Fox 32 Step Cast Float SL Factory Kashima, GRIP SL, 100mm

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