

Mayhem Suspension Setup Guide



SPOT

A. Setting Shock Air Pressure

Sag should be set to 25 – 30% of total shock travel

To achieve the best performance from your FOX suspension, adjust the air pressure to attain your proper sag setting. Sag is the amount your suspension compresses under your weight and riding gear. Sag range should be set to 25–30% of total shock travel.

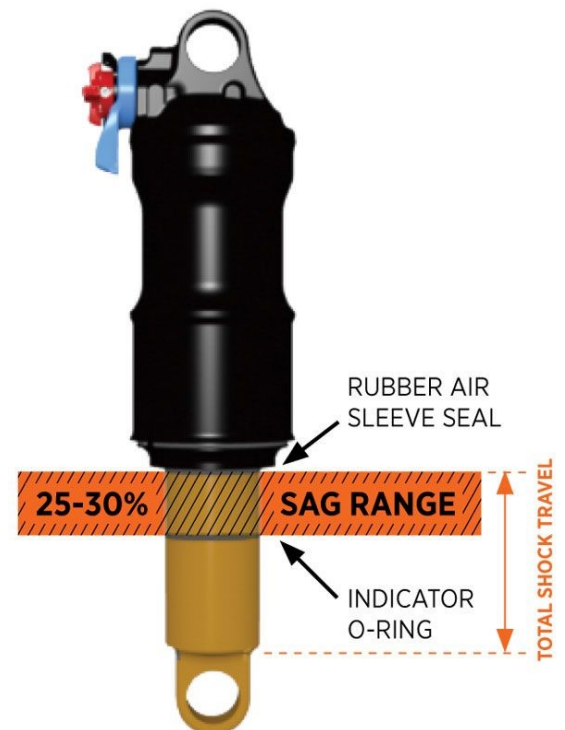
Watch the sag setup video at ridefox.com/sagsetup

Your shock has a 4 digit ID code on the shock body. Use this number on the Help page at www.ridefox.com to find out more information about your shock, including shock travel.

Turn the 3-position lever to the OPEN mode.

1. Start by setting the shock air pressure (psi) to 85% of your body weight in pounds. With the air pump attached to the shock valve, slowly cycle your shock through 25% of its travel 10 times as you reach your desired pressure. This will equalize the positive and negative air chambers and will change the pressure on the pump gauge. **Do not exceed 300 psi (20.7 bar), the maximum FLOAT air pressure!**
2. Remove the pump.
3. Sit still on the bike in your normal riding position, using a wall or a tree for support.
4. Pull the sag indicator o-ring up against the rubber air sleeve seal.
5. Carefully dismount the bike without bouncing.
6. Measure the distance between the sag indicator o-ring and the rubber air sleeve seal. Compare your measurement to the 'Suggested Sag Measurements' table.
7. Add or remove air pressure until you reach your desired sag measurement.

Suggested Sag Measurements		
Mayhem Shock Stroke	25% Sag (Firm)	30% Sag (Plush)
57mm	14mm (.56in)	17mm (.67in)



B. Setting Shock Rebound Damping

Rebound controls how fast the shock extends after compressing

The rebound adjustment is dependent on the air pressure setting. For example, higher air pressures require more rebound damping. Use your air pressure to help find your rebound setting.

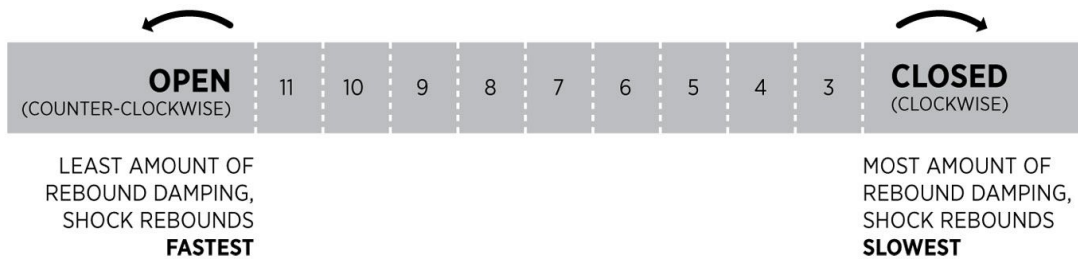
Turn your rebound knob to the closed position (full clockwise) until it stops. Then back it out (counter-clockwise) to the number of clicks shown in the table below.

REBOUND



Rebound controls the rate of speed at which the shock extends after compressing.

Suggested Starting Points for Setting Rebound Damping	
Pressure (psi/ bar)	Rebound Setting (clicks from full slow)
<100	10
100-120	9
120-140	8
140-160	7
160-180	6
180-200	5
200-220	4
220-240	3
240-260	2
260-280	1
280-300	Closed (clockwise)

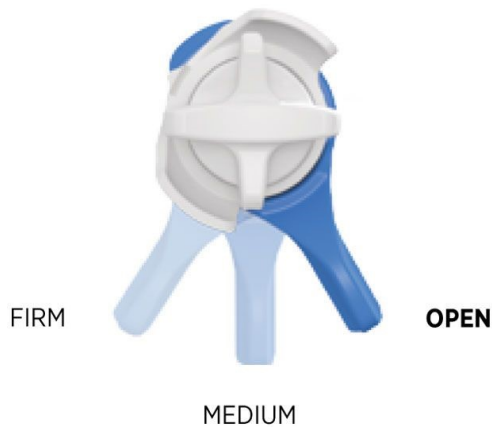


C. Adjusting Compression Damping

Easy on-the-fly adjustments for unprecedented control and performance

3-Position Lever: The 3-position lever is useful to make on-the-fly adjustments to control shock performance under significant changes in terrain, and is intended to be adjusted throughout the ride. You can use the OPEN mode during rough descending, the MEDIUM mode for undulating terrain, and the FIRM mode for smooth climbing.

Spot recommends using the OPEN mode for the majority of off-road riding. The Living Link suspension system is very efficient. No pedal platforms or lockouts are necessary to get the most out of the system!



Open Mode Adjust: Open mode adjust is useful to control shock performance during rider weight shifts, G-outs, and slow inputs. Open mode adjust provides 3 additional fine tuning adjustments for the OPEN mode. Lift the open mode adjuster, rotate it to the 1, 2, or 3 position, and press it in to lock the position. Setting 1 will have a more plush feel and setting 3 will have a firmer feel.

Spot Recommends beginning with the open mode adjust set to 1.

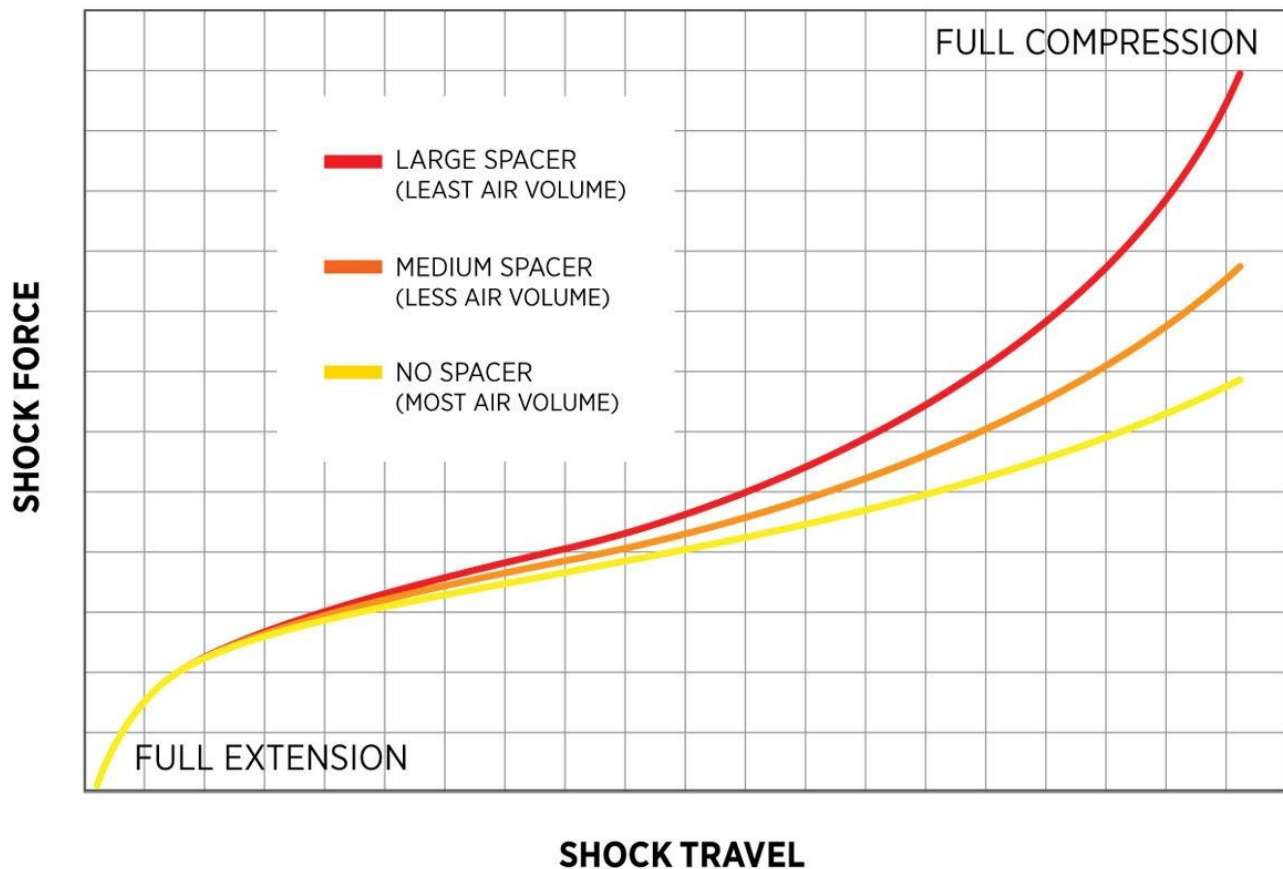


D. Tuning With Air Volume Spacers

Changing volume spacers in the shock is an internal adjustment that allows you to change the amount of mid stroke and bottom out resistance.

- If you have set your sag correctly and are using full travel (bottoming out) too easily, then you should install a larger spacer to increase bottom out resistance. **Frequent hard bottom outs can damage the frame and other components on your bike!**
- If you have set your sag correctly and are not using full travel, then you could install a smaller spacer to decrease bottom out resistance.

TYPICAL AIR SPRING CURVES



- FLOAT DPS (9mm shaft) Air Spring Volume Tuning Kit is available from FOX: PN 803-00-802

E. Setting Fork Pressure

Sag should be set to 15 – 20% of total fork travel

To achieve the best performance from your suspension fork, adjust the air pressure to attain your proper sag setting. Sag is the amount your suspension compresses under your weight and riding gear. Sag range should be set to 15–20% of total fork travel.

1. Unscrew the black air cap on top of the left fork leg counter-clockwise to expose the Schrader valve.
2. Attach a shock pump to the Schrader valve.
3. Pump your fork to the appropriate pressure as listed in the suggested air pressure table.
4. Using your forks sag setting o-ring on the left upper tube (or temporarily install a zip tie to the upper tube), slide the o-ring (or zip tie) down against the fork dust wiper.

Rotate the large 3-Position knob to the full open position.

- Dressed to ride (including a filled hydration pack, if you use one), position your bike next to a wall or table to support yourself. Mount your bicycle. Assume your riding position for at least 10 seconds, allowing the suspension to fully settle. Make sure you distribute your weight evenly between the saddle, handlebars and pedals.
- While in your riding position, slide the o-ring (or zip tie) down against the fork dust wiper.
- Dismount your bike without bouncing, to avoid further moving the o-ring or zip tie. Measure the distance between the dust wiper and the o-ring or zip tie. This is your sag measurement. Suggested sag measurements are listed in the table below.
- Add or remove air pressure until your sag measurement is between 15-20% of your fork's total travel.
- Repeat steps 2-8 and recheck sag measurement.
- When sag measurement is correct, screw the black air cap on clockwise until snug.

Suggested Starting Points for Setting Sag		
Fork Travel	15% Sag (firm)	20% Sag (plush)
130mm/ 5.1 in	19mm/ 0.75 in	26mm/ 1.0 in

Recommended Air Pressure for Setting Sag—Fox 34		
Rider Weight (lbs)	Rider Weight (kgs)	Pressure (psi/ bar)
<140	<64	46psi/ 3.2 bar
140-160	64-73	53psi/ 3.6 bar
160-180	73-82	60psi/ 4.1 bar
180-200	82-91	67psi/ 4.6 bar
200-220	91-100	74psi/ 5.1 bar
>220	>100	80psi/ 5.6 bar



F. Setting Fork Rebound Damping

Rebound damping controls how fast the fork extends after compressing

The rebound adjustment is dependent on the air pressure setting. For example, higher air pressures require more rebound damping. The rebound damping is controlled by the red knob on the bottom of the right side fork leg.

Use your air pressure to find your rebound setting. Turn your rebound knob to the closed position (full clockwise) until it stops. Then back it out (counter-clockwise) to the number of clicks shown in the table below.

Rebound settings can vary based on rider preference. If the fork feels too bouncy—like it springs like a pogo stick on big bumps, increase the rebound damping to slow the return. If the fork feels harsh, and rides lower and lower through successive bumps, reducing the rebound damping will increase the return speed and allow the fork to recover for the next bump.

Suggested Starting Points for Setting Rebound Damping	
Pressure (psi/ bar)	Rebound Setting (clicks from full slow)
66psi/ 4.5 bar	10
71psi/ 4.9 bar	9
76psi/ 5.2 bar	8
82psi/ 5.6 bar	7
87psi/ 6.0 bar	6
92psi/ 6.3 bar	5



G. Setting Fork Compression Damping

Easy on-the-fly adjustments for unprecedented control and performance

3-Position Lever: The 3-position lever is useful to make on-the-fly adjustments to control fork performance under significant changes in terrain, and is intended to be adjusted throughout the ride. You can use the OPEN mode during rough descending, the PEDAL mode for undulating terrain, and the LOCKOUT mode for smooth climbing.

Spot recommends using the OPEN mode for the majority of off-road riding.



OPEN

PEDAL

LOCKOUT

Low Speed Compression Adjust: Low speed compression adjust is useful to control fork performance under rider weight shifts, G-outs, and slow inputs. Low speed compression adjust provides 14 additional fine tuning adjustments for the OPEN mode. Setting 14 will have a more plush feel and setting 1 will have a firmer feel.

Spot recommends beginning with the low speed compression adjust set to 14 clicks out (counter-clockwise) from fully closed (clockwise). Add more low speed compression damping by turning clockwise one click at a time. If the fork becomes too firm, back the low speed compression adjust off to retain comfort.



H. Tuning With “Bottomless Tokens”

Changing volume spacers in the fork, referred to by Rockshox as Bottomless Tokens, is an internal adjustment that allows you to change the amount of mid stroke and bottom out resistance.

- If you have set your sag correctly and are using full travel (bottoming out) too easily, then you could install one or more Bottomless Tokens to increase bottom out resistance.
- If you have set your sag correctly and are not using full travel, then you could remove Bottomless Tokens to decrease bottom out resistance.

Please refer to Rockshox technical documentation for Bottomless Token installation procedures.

