

# SUSPENSION SETUP

## F-PODIUM DC RR XC RACE

### Fork: Rockshox SID Ultimate RL 29, 120mm

Follow Rockshox SID Ultimate RL recommended settings on the bottom right back side of the casting. Mondraker recommended Rockshox SID Ultimate RL fork settings based on rider weight and XC Race application:

SAG		RECOMMENDED SETTING
RIDER WEIGHT	AIR PRESURE	CLICS OUT FROM FULLY CLOSED
lbs / kg	psi	LSR
<121-128lbs / <55-58 kg	45	17-16
129,8-136,4lbs / 59-62 kg	51	16-15
138,6-145,2lbs / 63-66 kg	57	15-14
147,4-154lbs / 67-70 kg	63	14-13
156,2-162,8lbs / 71-74 kg	69	13-12
165-171,6lbs / 75-78 kg	75	12-11
173,8-180,4lbs / 79-82 kg	81	11-10
182,6-189,2lbs / 83-86 kg	87	10-9
191,4-198lbs / 87-90 kg	93	9-8
200,2-206,8lbs / 91-94 kg	99	8-7
209-215,6lbs / 95-98 kg	105	7-6
217,8-224,4lbs / 99-102 kg	111	5-4
226,6-233,2lbs / 103-106 kg	117	4-3
235,4-242lbs / 107-110 kg	123	3-2
244,2-250,8lbs / 111-114 kg	129	2-1
>253-319lbs / >115-145 kg	135	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 RLR DebonAir

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	LSC	LSR
<121-128lbs / <55-58 kg	85	open	10
129,8-136,4lbs / 59-62 kg	95	open	10-9
138,6-145,2lbs / 63-66 kg	105	open	9
147,4-154lbs / 67-70 kg	115	open	9-8
156,2-162,8lbs / 71-74 kg	125	open	8
165-171,6lbs / 75-78 kg	135	open	8-7
173,8-180,4lbs / 79-82 kg	145	open	7
182,6-189,2lbs / 83-86 kg	155	open	7-6
191,4-198lbs / 87-90 kg	165	open	6
200,2-206,8lbs / 91-94 kg	175	open	6-5
209-215,6lbs / 95-98 kg	185	open	5
217,8-224,4lbs / 99-102 kg	195	open	5-4
226,6-233,2lbs / 103-106 kg	205	open	4
235,4-242lbs / 107-110 kg	215	open	4-3
244,2-250,8lbs / 111-114 kg	225	open	3
>253-319lbs / >115-145 kg	235	open	3-2

\*Settings based on Downhill application and 30-35% recommended sag