# Service

# Fluid Fork 100hr Oil Change

**Disassembly Instructions**

1) Place a shallow tray or layered newspaper under the spring leg to catch oil drips. Loosen the compression screw at the bottom of the spring leg until it protrudes about 5mm. With a mallet, tap the compression screw back flush with the drop out to release the compression rod. Remove the screw.
2) Release the air from the air spring leg (if the fork is air sprung) and allow oil to drain for a minute or so.
3) Remove the rebound adjuster knob. (Note it is helpful to use a 4mm Allen wrench to wiggle the adjuster gently while you pull it out).
4) Release all air from the damper leg and remove the damper top cap using a 24mm or 15/16 socket.
5) Pour out any oil from the top of the damper leg into a receptacle.
6) Loosen the compression screw at the bottom of the damper leg until it protrudes about 5mm. With a mallet, tap the compression screw back flush with the drop out to release the damper end from the drop out.
7) Remove the compression screw completely and allow the remaining oil from the damper to drain through the dropout into the receptacle.

Assembly Instructions

1) Take damper and insert it into the seal head (make sure seal head has a seal band inserted). The seal head should be put onto the bottom of the damper body so that when it is installed into the stanchion, the damper piston is toward the top of the fork. If the seal head is already installed, the damper can be installed as in step 2), below, but through the top of the stanchion.
2) Put a piston band onto the piston and insert the assembly into the bottom of the stanchion.
3) Screw the seal head into the bottom of the stanchion. Wipe the seal dry of oil and use a piece of dry rubber to grip it, and tighten by hand as tight as possible.
4) Insert the upper stanchion assembly into a lubricated fork lower. (Make sure that the fork lower has an oil seal in the damper leg and that there is a bottom out bumper on the air spring side-either an orange bumper on the compression rod or a large o-ring in the bottom of the fork lower-depending on fork model). IMPORTANT: The internal cavities in the wiper seals must be filled with lubricant, either Slick Honey or similar fork-specific grease, before the stanchions are inserted.
5) Put the compression screw into the lower damper shaft. Make sure that the compression screw has the oil tight washer installed. Once the screw snugs firmly, stop so as not to damage the hollow aluminum screw.
6) Push the stanchions all the way into the fork lower and fill the damper leg (through the top of the stanchion) with approximately half the final oil volume. Use Torco No. 7 (Rock Shox No. 5) or any 5 wt. fork oil.
7) Stroke the fork 6-8 times slowly though its full travel. You should see and hear

bubbling as the oil works through the damper. Add more oil and stroke until the entire oil volume has been used.

8) Extend the stanchions and screw the damper cap into place. Important: The fork MUST BE KEPT IN THE EXTENDED POSITION as the damper cap is sealed to retain an air capsule above the oil.
9) Carefully insert the rebound adjuster knob into the compression screw and move it to the middle of its range. Air trapped behind the adjuster knob will tend to push it back out of the screw or make the knob difficult to turn. Rotate the rebound adjuster left and right rapidly with a 4mm hex key to remove any trapped air, but do not turn the adjuster hard to either stop with a hex key or the stem of the aluminum knob can be damaged.

Install Oil Bath Lubrication in Spring Leg

1) If the fork is air sprung, inflate the air spring to typical running pressure.
2) Flip fork over and extend the lower assembly up the stanchions so that the compression rod is a few millimeters below the drop out. DO NOT extend more than 6mm from the end of the compression rod.
3) Pour 20cc of oil into the compression screw hole (Make sure that the majority of the oil goes into the fork lower and not down into the compression rod).
4) Make sure that the compression screw has the oil tight washer installed, and tighten with moderate torque.