

# SUSPENSION SETUP

## FOXY CARBON R ENDURO

### Fork: Fox 36 29 Float FIT GRIP EVOL Rhythm, 160mm

Follow Fox 36 Float FIT GRIP EVOL Rhythm recommended settings on the bottom right back side of the casting. Mondraker recommended Fox 36 Float FIT GRIP EVOL Rhythm fork settings based on rider weight and Enduro application:

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

### Rear shock: Fox Float-X LV EVOL Performance

SAG		RECOMMENDED SETTING		
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED		
lbs / kg	psi	HSC	LSC	LSR
<121-128lbs / <55-58 kg	120	3	open	10
129,8-136,4lbs / 59-62 kg	128	3	open	10
138,6-145,2lbs / 63-66 kg	136	3	open	10-9
147,4-154lbs / 67-70 kg	144	3	open	9
156,2-162,8lbs / 71-74 kg	152	3	open	9-8
165-171,6lbs / 75-78 kg	160	3	open	8
173,8-180,4lbs / 79-82 kg	168	3	open	8-7
182,6-189,2lbs / 83-86 kg	176	3	open	7
191,4-198lbs / 87-90 kg	184	3	open	7-6
200,2-206,8lbs / 91-94 kg	192	3	open	6
209-215,6lbs / 95-98 kg	200	3	open	6-5
217,8-224,4lbs / 99-102 kg	208	3	open	5
226,6-233,2lbs / 103-106 kg	216	3	open	5-4
235,4-242lbs / 107-110 kg	224	2	open	4
244,2-250,8lbs / 111-114 kg	232	2	open	3
>253-319lbs / >115-145 kg	240	2	open	2

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