SUSPENSION SETUP

F-PODIUM RR XC RACE

Fork: Fox 34 Step Cast Float Fit 4 EVOL Factory Kashima, 120mm

Follow Fox 34 Factory Kashima recommended settings on the bottom right back side of the casting. Mondraker recommended Fox 34 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	55	20-18	20-18
129,8-136,4lbs / 59-62 kg	59	19-17	19-17
138,6-145,2lbs / 63-66 kg	63	18-16	18-16
147,4-154lbs / 67-70 kg	67	17-15	17-15
156,2-162,8lbs / 71-74 kg	71	16-14	16-14
165-171,6lbs / 75-78 kg	75	15-13	15-13
173,8-180,4lbs / 79-82 kg	79	14-12	14-12
182,6-189,2lbs / 83-86 kg	83	12-10	12-10
191,4-198lbs / 87-90 kg	87	11-9	11-9
200,2-206,8lbs / 91-94 kg	91	10-8	10-8
209-215,6lbs / 95-98 kg	95	9-7	9-7
217,8-224,4lbs / 99-102 kg	99	8-6	8-6
226,6-233,2lbs / 103-106 kg	103	7-5	7-5
235,4-242lbs / 107-110 kg	107	6-4	6-4
244,2-250,8lbs / 111-114 kg	111	5-3	5-3
>253-319lbs / >115-145 kg	115	4-2	4-2

*Suggested fork sag 20%

Rear shock: Fox Float SL Factory Kashima SV EVOL

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	**psi**	**LSC**	**LSR**
<121-128lbs / <55-58 kg	125	open	9
129,8-136,4lbs / 59-62 kg	130	open	9-8
138,6-145,2lbs / 63-66 kg	135	open	8-7
147,4-154lbs / 67-70 kg	140	open	8-7
156,2-162,8lbs / 71-74 kg	145	open	7-6
165-171,6lbs / 75-78 kg	150	open	7-6
173,8-180,4lbs / 79-82 kg	155	open	6-5
182,6-189,2lbs / 83-86 kg	160	open	6-5
191,4-198lbs / 87-90 kg	165	open	5-4
200,2-206,8lbs / 91-94 kg	170	open	5-4
209-215,6lbs / 95-98 kg	175	open	4-3
217,8-224,4lbs / 99-102 kg	180	open	4-3
226,6-233,2lbs / 103-106 kg	185	open	3-2
235,4-242lbs / 107-110 kg	190	open	3-2
244,2-250,8lbs / 111-114 kg	195	open	2-1
>253-319lbs / >115-145 kg	200	open	1

*Settings based on Downhill application and 25% recommended sag

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.