

SUSPENSION SETUP

F-PODIUM RR SL XC RACE

Fork: Rockshox SID Ultimate 3P Remote, 120mm

Follow Rockshox SID Ultimate 3P recommended settings on the bottom right back side of the casting.
Mondraker recommended Rockshox SID Ultimate 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	LSR
<121-128lbs / <55-58 kg	45	14-13
129,8-136,4lbs / 59-62 kg	51	13-12
138,6-145,2lbs / 63-66 kg	57	12-11
147,4-154lbs / 67-70 kg	63	11-10
156,2-162,8lbs / 71-74 kg	69	10-9
165-171,6lbs / 75-78 kg	75	9-8
173,8-180,4lbs / 79-82 kg	81	8-7
182,6-189,2lbs / 83-86 kg	87	7-6
191,4-198lbs / 87-90 kg	93	6-5
200,2-206,8lbs / 91-94 kg	99	5-4
209-215,6lbs / 95-98 kg	105	4-3
217,8-224,4lbs / 99-102 kg	111	3-2
226,6-233,2lbs / 103-106 kg	117	3-2
235,4-242lbs / 107-110 kg	123	2-1
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 3P

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

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