

SUSPENSION SETUP

ANARK XR BIKE PARK

Fork: Öhlins RXF 38 M.3 29, 180mm

Follow Öhlins RXF 38 M.3 recommended settings on the bottom right back side of the casting.
Mondraker recommended Öhlins RXF 38 M.3 fork settings based on rider weight and Bike Park application:

SAG		RECOMMENDED SETTING		
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED		
lbs / kg	psi	HSC	LSC	LSR
<121-128lbs / <55-58 kg	82/170	4	15	15
129,8-136,4lbs / 59-62 kg	88/180	4	14	14
138,6-145,2lbs / 63-66 kg	94/180	4	13	13
147,4-154lbs / 67-70 kg	100/190	4	12	12
156,2-162,8lbs / 71-74 kg	106/190	4	11	11
165-171,6lbs / 75-78 kg	112/200	4	10	10
173,8-180,4lbs / 79-82 kg	118/200	4	9	9
182,6-189,2lbs / 83-86 kg	124/210	4	8	8
191,4-198lbs / 87-90 kg	130/210	4	7	7
200,2-206,8lbs / 91-94 kg	136/220	3	6	6
209-215,6lbs / 95-98 kg	142/220	3	5	5
217,8-224,4lbs / 99-102 kg	148/230	3	4	4
226,6-233,2lbs / 103-106 kg	154/230	3	3	3
235,4-242lbs / 107-110 kg	160/230	3	2	2
244,2-250,8lbs / 111-114 kg	166/230	3	1	1
>253-319lbs / >115-145 kg	172/240	3	1	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: Öhlins TTX 22M.2 Coil

Size S: 343 lbs Size M: 411 lbs Size ML: 457 lbs Size L: 502 lbs Size XL: 502 lbs

SAG		RECOMMENDED SETTING		
RIDER WEIGHT	SPRING RATE	CLICS OUT FROM FULLY CLOSED		
lbs / kg	lbs	HSC	LSC	LSR
<121-128lbs / <55-58 kg	343	3	15	6
129,8-136,4lbs / 59-62 kg	343	3	14	6
138,6-145,2lbs / 63-66 kg	343	3	13	6
147,4-154lbs / 67-70 kg	343	3	12	6-5
156,2-162,8lbs / 71-74 kg	411	3	11	6-5
165-171,6lbs / 75-78 kg	411	3	10	6-5
173,8-180,4lbs / 79-82 kg	411	3	9	5
182,6-189,2lbs / 83-86 kg	411	3	8	5
191,4-198lbs / 87-90 kg	457	3	7	5
200,2-206,8lbs / 91-94 kg	457	2	6	5-4
209-215,6lbs / 95-98 kg	457	2	5	5-4
217,8-224,4lbs / 99-102 kg	457	2	4	4
226,6-233,2lbs / 103-106 kg	502	2	3	4-3
235,4-242lbs / 107-110 kg	502	2	2	4-3
244,2-250,8lbs / 111-114 kg	502	2	1	3
>253-319lbs / >115-145 kg	502	2	1	3

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