

SUSPENSION SETUP

ANARK R BIKE PARK

Fork: RockShox ZEB Base Rush RC 29, 180mm

Follow RockShox ZEB recommended settings on the bottom right back side of the casting. Mondraker recommended RockShox ZEB 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	LSC	LSR
<121-128lbs / <55-58 kg	55	open	16
129,8-136,4lbs / 59-62 kg	59	open	16-15
138,6-145,2lbs / 63-66 kg	63	open	15-14
147,4-154lbs / 67-70 kg	67	open	14-13
156,2-162,8lbs / 71-74 kg	71	open	13-12
165-171,6lbs / 75-78 kg	75	open	12-11
173,8-180,4lbs / 79-82 kg	79	open	11-10
182,6-189,2lbs / 83-86 kg	83	open	10-9
191,4-198lbs / 87-90 kg	87	open	9-8
200,2-206,8lbs / 91-94 kg	91	mid	8-7
209-215,6lbs / 95-98 kg	95	mid	7-6
217,8-224,4lbs / 99-102 kg	99	mid	6-5
226,6-233,2lbs / 103-106 kg	103	mid	5-4
235,4-242lbs / 107-110 kg	107	mid	4-3
244,2-250,8lbs / 111-114 kg	111	mid	3-2
>253-319lbs / >115-145 kg	115	mid	2-1

*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 Vivid Coil Select+

Size S: 350 lbs Size M: 400 lbs Size ML: 450 lbs Size L: 500 lbs Size XL: 500 lbs

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	SPRING RATE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	lbs	LSR	ABO
<121-128lbs / <55-58 kg	350	14	-2
129,8-136,4lbs / 59-62 kg	350	14-13	-2
138,6-145,2lbs / 63-66 kg	350	13-12	-1
147,4-154lbs / 67-70 kg	350	12-11	-1
156,2-162,8lbs / 71-74 kg	400	11-10	0
165-171,6lbs / 75-78 kg	400	10-9	0
173,8-180,4lbs / 79-82 kg	400	9-8	0
182,6-189,2lbs / 83-86 kg	400	8-7	0
191,4-198lbs / 87-90 kg	450	7-6	0
200,2-206,8lbs / 91-94 kg	450	6-5	0
209-215,6lbs / 95-98 kg	450	5-4	1
217,8-224,4lbs / 99-102 kg	450	4-3	1
226,6-233,2lbs / 103-106 kg	500	3-2	1
235,4-242lbs / 107-110 kg	500	2-1	2
244,2-250,8lbs / 111-114 kg	500	2-1	2
>253-319lbs / >115-145 kg	500	1	2

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