

SUSPENSION SETUP

F-PODIUM RR XC RACE

Fork: Rockshox SID Ultimate Flight Attendant, 120mm

Follow Rockshox SID Ultimate Flight Attendant recommended settings on the bottom right back side of the casting. Mondraker recommended Rockshox SID Ultimate Flight Attendant 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	56	open	14-13
129,8-136,4lbs / 59-62 kg	62	open	13-12
138,6-145,2lbs / 63-66 kg	68	open	12-11
147,4-154lbs / 67-70 kg	74	open	11-10
156,2-162,8lbs / 71-74 kg	80	open	10-9
165-171,6lbs / 75-78 kg	86	open	9-8
173,8-180,4lbs / 79-82 kg	92	open	8-7
182,6-189,2lbs / 83-86 kg	98	open	7-6
191,4-198lbs / 87-90 kg	104	open	6-5
200,2-206,8lbs / 91-94 kg	110	open	5-4
209-215,6lbs / 95-98 kg	116	open	4-3
217,8-224,4lbs / 99-102 kg	122	open	3-2
226,6-233,2lbs / 103-106 kg	128	open	3-2
235,4-242lbs / 107-110 kg	134	open	2-1
244,2-250,8lbs / 111-114 kg	140	open	2-1
>253-319lbs / >115-145 kg	146	open	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 Flight Attendant

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	LSC	LSR
<121-128lbs / <55-58 kg	153	open	6
129,8-136,4lbs / 59-62 kg	160	open	6-5
138,6-145,2lbs / 63-66 kg	167	open	6-5
147,4-154lbs / 67-70 kg	174	open	5-4
156,2-162,8lbs / 71-74 kg	181	open	5-4
165-171,6lbs / 75-78 kg	188	open	4-3
173,8-180,4lbs / 79-82 kg	195	open	4-3
182,6-189,2lbs / 83-86 kg	202	open	4-3
191,4-198lbs / 87-90 kg	209	open	3-2
200,2-206,8lbs / 91-94 kg	216	open	3-2
209-215,6lbs / 95-98 kg	223	open	2-1
217,8-224,4lbs / 99-102 kg	230	open	2-1
226,6-233,2lbs / 103-106 kg	237	open	1
235,4-242lbs / 107-110 kg	244	open	1
244,2-250,8lbs / 111-114 kg	251	open	1
>253-319lbs / >115-145 kg	258	open	1

*Settings based on Cross Country Racing application and 25% recommended sag