

# SUSPENSION SETUP

## F-PODIUM XC RACE

### Fork: Fox 34 Step Cast Float GRIP EVOL Performance, 110mm

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

\*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: Fox Float DPS SV Performance Elite

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	LSC	LSR
<121-128lbs / <55-58 kg	115	open	11
129,8-136,4lbs / 59-62 kg	120	open	11-10
138,6-145,2lbs / 63-66 kg	125	open	11-10
147,4-154lbs / 67-70 kg	130	open	10-9
156,2-162,8lbs / 71-74 kg	135	open	10-9
165-171,6lbs / 75-78 kg	140	open	9-8
173,8-180,4lbs / 79-82 kg	145	open	9-8
182,6-189,2lbs / 83-86 kg	150	open	8-7
191,4-198lbs / 87-90 kg	155	open	8-7
200,2-206,8lbs / 91-94 kg	160	open	7-6
209-215,6lbs / 95-98 kg	165	open	7-6
217,8-224,4lbs / 99-102 kg	170	open	6-5
226,6-233,2lbs / 103-106 kg	175	open	4-3
235,4-242lbs / 107-110 kg	180	open	3-2
244,2-250,8lbs / 111-114 kg	185	open	2-1
>253-319lbs / >115-145 kg	190	open	1

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