

Fork: RockShox Pike RCT3 160mm

Follow RockShox Pike recommended settings on the left back side of the casting.

Mondraker recommended RockShox Pike RCT3 fork settings based on Rider weight & Trail-All Mountain application:

SAG		RECOMMENDED SETTING*	
rider weight	air pressure	clics from full open	
lbs / kg	psi	rebound	LSC
120 / 54	55	5-6	1-2
140 / 64	64	6-7	3-4
160 / 73	73	8-9	5-6
180 / 82	82	9-10	7-8
200 / 91	91	11-12	9-10
220 / 100	100	12-13	11-12
240 / 109	109	13-14	13-14

Suggested fork sag 20%

Rear shock: RockShox SuperDeluxe Coil RCT

Size S: 300lbs

Size M: 350lbs

Size L/XL: 400lbs

SAG		RECOMMENDED SETTING*	
rider weight	spring rate	clics from full open	
lbs / kg	lbs	rebound	LSC
120 / 54	300	1	1
140 / 64	300	1-2	2-3
160 / 73	350	1-2	1-2
180 / 82	350	2-3	2-3
200 / 91	400	3-4	2-3
220 / 100	400	3-4	4-5
240 / 109	400	4-5	5-6

Settings based on Enduro_All Mountain application & 30-35% recommended sag. Add 2-3 rebound clics for a more controlled "XC-style" ride.

* 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.