SUSPENSION SETUP

SUMMUM MX DOWNHILL

Fork: RockShox BoXXer Select RC 29 DebonAir 200mm

Mondraker recommended RockShox BoXXer Select RC fork settings based on rider weight and Downhill application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	**psi**	**LSC**	**LSR**
<121-128lbs / <55-58 kg	95	5	17
129,8-136,4lbs / 59-62 kg	99	5	16
138,6-145,2lbs / 63-66 kg	103	5-4	15
147,4-154lbs / 67-70 kg	107	5-4	14
156,2-162,8lbs / 71-74 kg	111	4	13
165-171,6lbs / 75-78 kg	115	4	12
173,8-180,4lbs / 79-82 kg	119	4-3	11
182,6-189,2lbs / 83-86 kg	123	4-3	10
191,4-198lbs / 87-90 kg	127	3	9
200,2-206,8lbs / 91-94 kg	131	3	8
209-215,6lbs / 95-98 kg	135	3-2	7
217,8-224,4lbs / 99-102 kg	139	3-2	6
226,6-233,2lbs / 103-106 kg	143	2	5
235,4-242lbs / 107-110 kg	147	2	4
244,2-250,8lbs / 111-114 kg	151	2-1	3
>253-319lbs / >115-145 kg	155	1	2

*Suggested fork sag 20%

Rear shock: RockShox Super Deluxe Coil Select R

Size S: 400 lbs **Size M:** 450 lbs **Size L/XL:** 500 lbs

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	SPRING RATE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	**lbs**	**LSC**	**LSR**
<121-128lbs / <55-58 kg	400	-	17
129,8-136,4lbs / 59-62 kg	400	-	16-15
138,6-145,2lbs / 63-66 kg	400	-	15-14
147,4-154lbs / 67-70 kg	400	-	14-13
156,2-162,8lbs / 71-74 kg	400	-	13-12
165-171,6lbs / 75-78 kg	450	-	12-11
173,8-180,4lbs / 79-82 kg	450	-	11-10
182,6-189,2lbs / 83-86 kg	450	-	10-9
191,4-198lbs / 87-90 kg	450	-	9-8
200,2-206,8lbs / 91-94 kg	500	-	8-7
209-215,6lbs / 95-98 kg	500	-	7-6
217,8-224,4lbs / 99-102 kg	500	-	6-5
226,6-233,2lbs / 103-106 kg	500	-	5-4
235,4-242lbs / 107-110 kg	500	-	4-3
244,2-250,8lbs / 111-114 kg	500	-	3-2
>253-319lbs / >115-145 kg	500	-	2-1

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

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.