

Fork: RockShox 30 SoloAir R 100mm

Follow RockShox 30 SoloAir R recommended settings on the left back side of the casting.

Mondraker recommended RockShox 30 SoloAir R 100mm fork settings based on Rider weight & Trail application:

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clics from full open
lbs / kg	psi	rebound
80 / 36	35	1
90 / 41	38	1
100 / 45	41	1
110 / 50	44	2
120 / 54	47	2
130 / 59	50	3
140 / 64	53	3

Suggested fork sag 20%

Rear shock: RockShox Monarch R SoloAir

SAG		RECOMMENDED SETTING*
rider weight	air pressure	clics from full open
lbs / kg	psi	rebound
80 / 36	100	1
90 / 41	110	2
100 / 45	120	3
110 / 50	130	4
120 / 54	140	5
130 / 59	150	6
140 / 64	160	7

Settings based on Trail application & 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.