SUSPENSION SETUP

SUMMUM CARBON R MX DOWNHILL

Fork: Fox 40 29 Float FIT GRIP EVOL Performance, 203mm

Follow FOX 40 recommended settings on the bottom right back side of the casting.
Mondraker recommended FOX 40 Float FIT GRIP2 Evol Performance 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	49	8	16
129,8-136,4lbs / 59-62 kg	52	8	15
138,6-145,2lbs / 63-66 kg	55	8-7	14
147,4-154lbs / 67-70 kg	58	7	13
156,2-162,8lbs / 71-74 kg	61	7-6	12
165-171,6lbs / 75-78 kg	64	6	11
173,8-180,4lbs / 79-82 kg	67	6-5	10
182,6-189,2lbs / 83-86 kg	70	5	9
191,4-198lbs / 87-90 kg	73	5-4	8
200,2-206,8lbs / 91-94 kg	76	4	7
209-215,6lbs / 95-98 kg	79	4-3	6
217,8-224,4lbs / 99-102 kg	82	3	5
226,6-233,2lbs / 103-106 kg	85	3-2	4
235,4-242lbs / 107-110 kg	88	2	3
244,2-250,8lbs / 111-114 kg	91	2-1	2
>253-319lbs / >115-145 kg	94	1	1

*Suggested fork sag 20%

Rear shock: Fox DHX2 Performance Elite

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	20	17
129,8-136,4lbs / 59-62 kg	400	19	16
138,6-145,2lbs / 63-66 kg	400	18	15
147,4-154lbs / 67-70 kg	400	17	14
156,2-162,8lbs / 71-74 kg	400	16	13
165-171,6lbs / 75-78 kg	450	15	12
173,8-180,4lbs / 79-82 kg	450	14	11
182,6-189,2lbs / 83-86 kg	450	13	10
191,4-198lbs / 87-90 kg	450	12	9
200,2-206,8lbs / 91-94 kg	500	11	8
209-215,6lbs / 95-98 kg	500	10	7
217,8-224,4lbs / 99-102 kg	500	9	6
226,6-233,2lbs / 103-106 kg	500	8	5
235,4-242lbs / 107-110 kg	500	7	4
244,2-250,8lbs / 111-114 kg	500	6	3
>253-319lbs / >115-145 kg	500	5	2

*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.