

SUSPENSION SETUP

BIKE 2020

F-PODIUM DC R

XC Race

Fork: FOX 34 StepCast Performance GRIP 120mm

Follow FOX 34 recommended settings on the left back side of the casting.

Mondraker recommended FOX 34 StepCast Performance GRIP fork settings based on Rider weight and XC Race application:

SAG		RECOMMENDED SETTING*	
RIDER WEIGHT	AIR PRESSURE	CLIC(S) CLOSED FROM FULL OPEN	
lbs / kg	psi	rebound	FIT4 compression
120 / 54	55	5 - 7	6 - 8
140 / 64	64	7 - 9	8 - 10
160 / 73	73	9 - 11	10 - 12
180 / 82	82	11 - 13	12 - 14
200 / 91	91	13 - 15	14 - 16
220 / 100	100	15 - 17	16 - 18
240 / 109	109	17 - 19	18 - 20

*Suggested fork sag 20%

Rear shock: FOX Float DPS EVOL Performance

SAG		RECOMMENDED SETTING*
RIDER WEIGHT	SPRING RATE	CLIC(S) CLOSED FROM FULL OPEN
lbs / kg	psi	rebound
120 / 54	110	1
140 / 64	120	2 - 3
160 / 73	130	4 - 5
180 / 82	140	6 - 7
200 / 91	150	8 - 9
220 / 100	160	10 - 11
240 / 109	170	12 - 13

*Settings based on XC Race application and 25% 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.