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suspension set up starts here. It's like having a personal tuner in your pocket. RockShox TrailHead App is the starting point to get your suspension dialed in for the perfect ride. Tuning recommendations, upgrade information,

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and service support all
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Monarch RT - SRAM

For assistance on
setting air pressure,
rebound, and
compression consult
the RockShox Setup
and Tuning Guide.

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Download Free Rockshox Monarch Rt Setup **RockShox Setup Guide | SRAM**

- RockShox Rear Shocks are designed for use with RockShox suspension fluid and Maxima Shock Fluid only. Refer to the DAMPER FLUID column for oil weight.
 - Use only Parker O-Lube on Vivid shocks.
 - Use only RockShox Dynamic Seal Grease on all Monarch shocks.
- NOTICE**

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**REAR SHOCKS
FLUID, IFP DEPTH,
AND PRESSURE
CHART - SRAM**

Wiggle the air sleeve down the shock body away from the seal head. Pull volume-reducer spacers over the shock body to install or remove from the positive air chamber (take those closest to the seal head and dials). You can also leave a spacer on the outside of the

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shock body to enable volume-tuning out on the trail.

5-minute tune up: RockShox Monarch shock - MBR

At SRAM we are passionate about cycling. We ride our bikes to work and around town. We ride our bikes in the peloton, on the trails and down the mountains. It's this passion and

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participation that leads to many of the innovations seen in our products. We hope you enjoy them as much as we do.

Service Resources - RockShox | SRAM

Rockshox monarch RT3
- setup tips/manual?
rob jackson. Member.
Can't find anything on
the sram site and no
manual with frame ☐☐
Anyone know where to
look, google turns

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nothing up.

Rockshox monarch RT3 - setup tips/manual? | Singletrack ...

Do RockShox forks have a rider weight limit? Can I change my Monarch R, RL, RT, RCT3 or Plus to a remote lockout? What is the recommended service interval for my RockShox rear shock? How long is your warranty coverage /

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how does your
warranty policy work?

How much air should I have in for my rear ... - RockShox FAQ

Monarch RT Taking a step up in the range and you'll find the Monarch RT inline shock, this gets an Open/Threshold lever and rebound damping adjustment too.

Remember the Threshold setting on that lever prevents the

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rear shock from
compressing until there
is a significant bump
impact or downward
force as opposed to a
lockout.

Your complete guide to the RockShox rear shock range ...

View and Download
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manual online.

RockShox Deluxe 2018
series; RockShox
Deluxe 2019 series.

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its products to be free from defects in materials or workmanship for a period of two years after original purchase. This warranty only applies to the original owner and is not transferable. ...
Exploded View -
Monarch™ XX/RL/RT
Rear Shock ...

Monarch™ XX/RL/RT Service Manual - SRAM

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MAXIMA PLUSH FLUID.

Developed with the world's fastest racers, on the world's toughest circuits. Maxima Plush Fluid is designed to protect from suspension wear, reduce friction, and silence damper noise while maintaining a consistent feel in all temperatures.

Deluxe - SRAM

What psi do I set my
RockShox Monarch RT

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Rear Shock to? I weigh approx. 79-81kg (175-178lbs) Close. 7. Posted by 8 years ago. Archived. What psi do I set my RockShox Monarch RT Rear Shock to? I weigh approx. 79-81kg (175-178lbs) Not sure if I just find what feels right or if there's a recommended psi setting. 18 comments.

What psi do I set my RockShox Monarch

Download Free Rockshox Monarch Rt Setup **RT Rear Shock to? I** Guide

This video will guide you through the sag setup procedure for RockShox suspension forks with DebonAir and SoloAir technologies. Check out the RockShox Trailhead app to get specific recommendations ...

ROCKSHOX: Fork Sag Setup

I have a brand new
Page 17/22

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commencal meta tr 4.2
essential with a rock
shox deluxe RT on it. I
have been trying to
dial in my sag to 20%
as instructed per the
SRAM Youtube sag set
up video. The bike has
...

195lb rider 300psi for 20% sag Rock Shox deluxe RT? That ...

See my notes below.
The procedure for
adding and removing

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spacers to your Monarch is almost as simple as with a Pike but takes a bit longer since you have to take the shock off your bike. Let the air out, remove the o-ring on the outside and pop off the air can. Add/remove spacers, and re-assemble.

RockShox Tuning Camp

Nomad 3 Shock:

Rockshox Vivid Air R2C

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Rider Weight Air
Pressure Shock Sag
100lbs (45.5kg) 100 psi
18-23 mm 120lbs
(54.4kg) 120 psi 18-23
mm 140lbs (63.5kg)
140 psi 18-23 mm
160lbs (72.6kg) 160 psi
18-23 mm 180lbs
(81.8kg) 180 psi 18-23
mm 200lbs (90.7kg)
200 psi 18-23 mm
220lbs (99.8kg) 220 psi
18-23 mm 240lbs
(108.8kg)

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Rear Shock Air Pressure Guide - Centraal Cycle

Designed with trail-friendly geometry, Stance E+ helps beginner or intermediate trail riders experience off-road E-bike riding at its best. Its lightweight, strong and stiff ALUXX SL aluminum frame with FlexPoint suspen...

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