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### **Rockshox Monarch Rt Setup Guide**

RockShox TrailHead App is the starting point to get your suspension dialed in for the perfect ride. Tuning recommendations, upgrade information, and service support all in your hand.  
rockshox trailhead

### **Monarch RT - SRAM**

Rear shock: RockShox Monarch RT SoloAir\_e-FACTOR XR+ | e-BIKE\_TRAIL COLLECTION 2018 lbs / kg lbs / kg psi SAG SAG rider

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weight air pressure rider weight Suggested fork sag 20%  
Settings based on e-MTB Trail application & 30-35%  
recommended sag. \* These values offer a general  
recommendation.

### **SAG RECOMMENDED SETTING\* psi compression**

My Rockshox Monarch RT3 is a 2012 model and that is what the guide's based on - but it will probably help for other models, the methodology even translates to setting up fork sag and rebound - just be aware of the differences between shock functions, dials,...

### **Manly Dam and Mt Narrabeen MTB Rockshox Monarch set-up and ...**

SRAM LLC WARRANTY. EXTENT OF LIMITED WARRANTY Except as otherwise set forth herein, SRAM warrants its products to be free from defects in materials or workmanship for a period of . two

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years after original purchase. This warranty only applies to the original owner and is not transferable. ... EXPLODED VIEW - MONARCH RL/RT REAR SHOCK. ROCKSHOX ...

### **Monarch RL/RT Service Manual - SRAM**

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### **Monarch™ XX/RL/RT Service Manual - SRAM**

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

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## **ROCKSHOX: Fork Sag Setup**

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, and service support all in your hand, customized for your fork.

## **RockShox Setup Guide | SRAM**

How to personalise your RockShox Monarch rear shock suspension: tailor the air-spring volume to your weight and riding style in four simple steps. >>> How to setup mountain bike suspension. Shock pump for adjusting air chamber pressure. RockShox volume reducer spacers (around £12) Allen key to remove shock.

## **5-minute tune up: RockShox Monarch shock - MBR**

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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.

### **What psi do I set my RockShox Monarch RT Rear Shock to? I ...**

For the rear shock, start at about half of your rider weight for air pressure. You will have to adjust from here, but you will want to achieve the proper SAG for your frame, as recommended by your frame manufacturer. Typically this is somewhere between 30-40% of overall travel. Check out this tutorial video for SAG setting and tuning.

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

Also for: Rockshox deluxe rt: rockshox deluxe rl: rockshox deluxe r, Rockshox deluxe rlr. ... Bicycle Accessories SRAM Guide DB5

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Service Manual. Brake system (41 pages) ... Page 20 Record your air pressure setting to assist with post-service set up. Remove the air valve cap by hand. Use a small hex wrench to lightly depress the Schrader valve ...

### **SRAM ROCKSHOX DELUXE RT3 SERVICE MANUAL Pdf Download.**

Es ist, als hätte man seinen persönlichen Tuner dabei. Die RockShox TrailHead App ist der Ausgangspunkt, um dein Fahrwerk optimal für die perfekte Fahrt einzustellen. Tuning-Empfehlungen, Upgrade-Informationen und Service-Support alles in deiner Hand, maßgeschneidert für deine Gabel.

### **RockShox Setup Guide | SRAM**

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 participation

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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**

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.

### **SRAM**

Mount Kits and Bushings for Rear Shocks - TF Tuned are experts in mountain bike and bicycle suspension service and repair, including setting-up the for you and your bike

### **Mount Kits and Bushings for Rear Shocks - TF Tuned**

Now, according to the Rockshox sag chart, that would imply a starting weight of approx 80psi. Now in the test, the rider began at 84psi. So, the starting value is already a bit high. Assume



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80psi was more accurate with ZERO tokens (which is the default for such a long travel bike).

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