

SUSPENSION SETUP



BIKE 2022

PODIUM RR SL XC RACE

Fork: Rockshox SID SL Ultimate RL 29, 100mm

Follow Rockshox SID SL Ultimate RL recommended settings on the bottom right back side of the casting. Mondraker recommended Rockshox SID SL Ultimate RL fork settings based on rider weight and XC Race application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	LSC	LSR
<121-128lbs / <55-58 kg	70	open	15
129,8-136,4lbs / 59-62 kg	77	open	15-14
138,6-145,2lbs / 63-66 kg	84	open	14-13
147,4-154lbs / 67-70 kg	91	open	13-12
156,2-162,8lbs / 71-74 kg	98	open	12-11
165-171,6lbs / 75-78 kg	105	open	11-10
173,8-180,4lbs / 79-82 kg	112	open	10-9
182,6-189,2lbs / 83-86 kg	119	open	9-8
191,4-198lbs / 87-90 kg	126	open	8-7
200,2-206,8lbs / 91-94 kg	133	open	7-6
209-215,6lbs / 95-98 kg	140	open	6-5
217,8-224,4lbs / 99-102 kg	147	open	5-4
226,6-233,2lbs / 103-106 kg	154	open	4-3
235,4-242lbs / 107-110 kg	161	open	3-2
244,2-250,8lbs / 111-114 kg	168	open	2-1
>253-319lbs / >115-145 kg	175	open	1

*Suggested fork sag 20%

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.