

# Rockshox Monarch Rt Setup Guide Exodus

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## Rockshox Monarch Rt Setup Guide

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 recomendations, upgrade information, and service support all in your hand. rockshox trailhead

## Monarch RT - SRAM

For assistance on setting air pressure, rebound, and compression consult the RockShox Setup and Tuning Guide. FORK INFO DOCUMENTS. SERVICE KITS UPGRADE KITS. Search Another Product ...

## 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

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

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

View and Download SRAM RockShox Deluxe RT3 service manual online. RockShox Deluxe 2018 series; RockShox Deluxe 2019 series. RockShox Deluxe RT3 bicycle accessories pdf manual download. Also for: Rockshox deluxe rt: rockshox deluxe rl: rockshox deluxe r, Rockshox deluxe rlr.

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

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 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**

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 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 RT Rear Shock to? I ...**

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 commenal meta tr 4.2 essential with a rock

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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 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 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)

## **2017 Santa Cruz 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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