



## TUNING GUIDE





## SAG SETTING

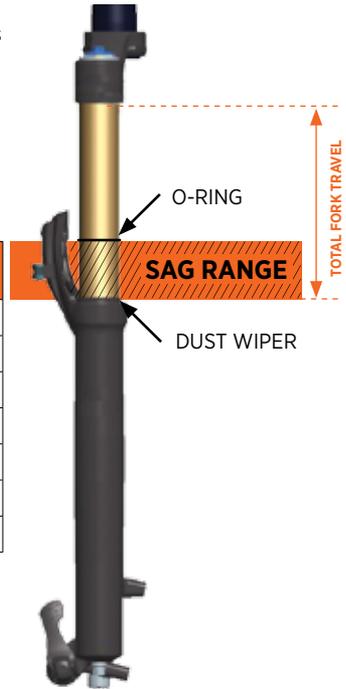
To achieve the best performance from your FOX suspension, adjust the air pressure to attain your proper sag setting. Sag is the amount your suspension compresses under your weight and riding gear. Sag range should be set to 15–20% **of total fork travel**.

Make sure to set sag with the 3-position lever in the OPEN mode (see page 5).

Watch the sag setup video at [ridefox.com/sagsetup](http://ridefox.com/sagsetup)

Suggested Sag Measurements		
Travel	15% sag (Firm)	20% sag (Plush)
110 mm (4.3 in)	17 mm (0.7 in)	22 mm (0.9 in)
120 mm (4.7 in)	18 mm (0.7 in)	24 mm (0.9 in)
130 mm (5.1 in)	20 mm (0.8 in)	26 mm (1.0 in)
140 mm (5.5 in)	21 mm (0.8 in)	28 mm (1.1 in)
150 mm (5.9 in)	23 mm (0.9 in)	30 mm (1.2 in)
160 mm (6.3 in)	24 mm (0.9 in)	32 mm (1.3 in)

Your fork has a 4 digit ID code on the back of the lower leg. Use this number on the Help page at [www.ridefox.com](http://www.ridefox.com) to find out more information about your fork, including fork travel.





The recommended settings in this tuning guide are designed to be a **starting point**, in order to get you out on your first ride in as few steps as possible. Consult your bike manufacturer's instructions for setup recommendations.

As you ride and get used to your new fork, adjust your settings as needed. Detailed information and videos can be found in the online owner's manual.

Suggested Starting Points for Setting Sag			
Rider Weight (lbs)	Rider Weight (kgs)	FLOAT & Rhythm Pressure (psi)	TALAS Pressure (psi)
120-130	54-59	58	98
130-140	59-64	63	105
140-150	64-68	68	113
150-160	68-73	72	121
160-170	73-77	77	129
170-180	77-82	82	137
180-190	82-86	86	144
190-200	86-91	91	152
200-210	91-95	96	160
210-220	95-100	100	168
220-230	100-104	105	176
230-240	104-109	110	183
240-250	109-113	114	191



Do not exceed maximum air pressure:

**34 FLOAT and Rhythm** maximum air pressure is **120 psi**.

**34 TALAS** maximum air pressure is **200 psi**.



## REBOUND ADJUSTMENT

The rebound adjustment is dependent on the air pressure setting. For example, higher air pressures require lower rebound settings. Use your air pressure to find your rebound setting.

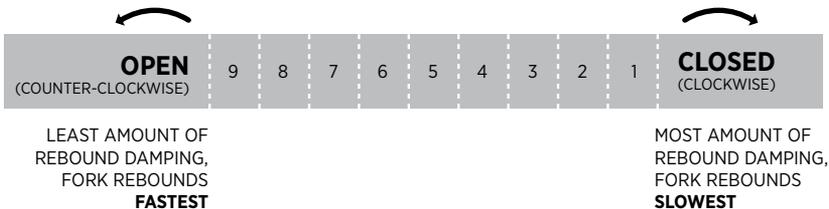
**Turn your rebound knob to the closed position (full clockwise) until it stops. Then back it out (counter-clockwise) to the number of clicks shown in the table below.**

### REBOUND

**Rebound** controls the rate of speed at which the fork extends after compressing.



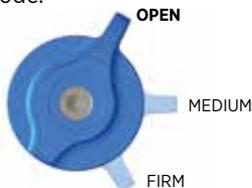
FLOAT and Rhythm Pressure (psi)	TALAS Pressure (psi)	Recommended Rebound Setting
<58	<98	9+
58-68	98-113	8
68-77	113-129	7
77-86	129-144	6
86-96	144-160	5
96-105	160-176	4
105-114	176-191	2
>114	>191	CLOSED



## COMPRESSION ADJUSTMENTS

### FIT4 3-POSITION LEVER

Begin with the 3-position lever in the OPEN mode.



The **3-position lever** is useful to make on-the-fly adjustments to control fork performance under significant changes in terrain, and is intended to be adjusted throughout the ride.

Use the OPEN mode during rough descending, the MEDIUM mode for undulating terrain, and the FIRM mode for smooth climbing.

### \*OPEN MODE ADJUST

Set the OPEN mode adjust to 18 clicks out (counter-clockwise until it stops).



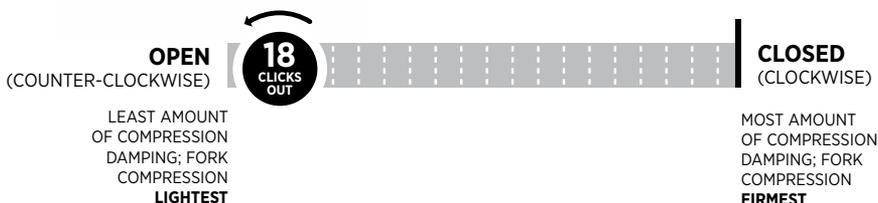
#### OPEN MODE ADJUST

*\*Factory Series and Performance Elite Series forks only*

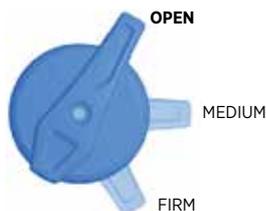
**\*OPEN mode adjust** is useful to control fork performance under rider weight shifts, G-outs, and slow inputs.

OPEN mode adjust provides 22 additional fine tuning adjustments for the OPEN mode.

Setting 18 will have a more plush feel and setting 1 will have a firmer feel.



### GRIP COMPRESSION ADJUST



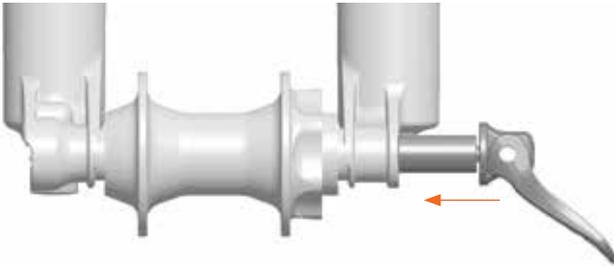
The **3-Position Micro Adjust** lever is useful to make on-the-fly adjustments to control fork performance. Use the positions between the OPEN, MEDIUM, and FIRM modes to fine-tune your compression damping.

The **2-Position Sweep Adjust (34 Rhythm forks only)** lever is useful to make on-the-fly adjustments to control fork performance. Use the positions between OPEN and FIRM modes to fine-tune your compression damping.

## INSTALL THE FRONT WHEEL

Wheel installation is identical for both the 15x100 mm and 15x110 mm axles.

1. Install the front wheel into the fork dropouts. Slide the axle through the non-drive side dropout and hub.
2. Open the axle lever.



3. Turn the axle clockwise 5-6 complete turns into the axle nut.
4. Close the lever. The lever **must** have enough tension to leave an imprint on your hand.
5. The closed lever position **must** be between 1-20 mm in front of the fork leg.
6. If the lever does not have enough tension, or has too much tension when closed at the recommended position (1-20 mm in front of the fork). See the next page for adjustment instructions.



## KABOLT INSTALLATION

Wheel installation is identical for both the 15x100 mm and 15x110 mm Kabolt axles.

1. Install the front wheel into the fork dropouts. Slide the Kabolt axle through the non-drive side dropout and hub.
2. Use a 6 mm hex wrench to torque the Kabolt axle (clockwise) to 17 Nm (150 in-lb).

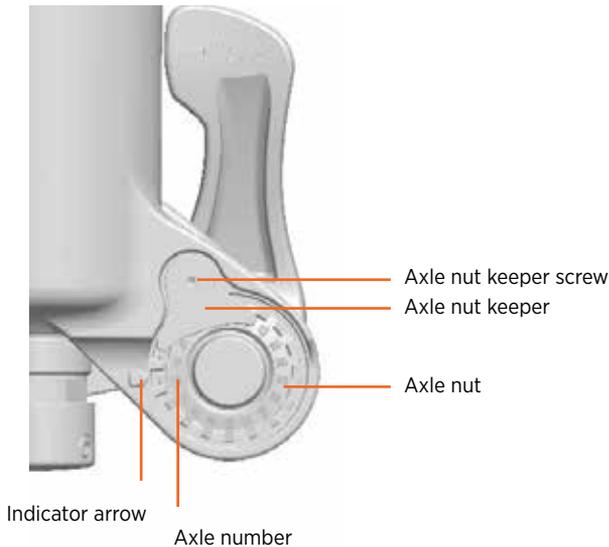


**⚠ WARNING:** Use hand pressure only. Never use any tool to tighten the 15QR levers onto the lower legs. Over-tightening the levers can damage the axle or fork dropouts, leading to a sudden failure with one or more of these components, resulting in **SERIOUS INJURY OR DEATH**.

**⚠ WARNING:** Failure to secure the axle properly can cause the wheel to become detached from the bicycle, resulting in **SERIOUS INJURY OR DEATH**.

## ADJUST THE LEVER POSITION

1. Note the axle number, which is the number at the indicator arrow.
2. Use a 2.5 mm hex wrench to loosen the axle nut keeper screw approximately 4 turns, but do not completely remove the screw.
3. Move the 15QR to the open position and unthread the axle approximately 4 turns.
4. Push the 15QR axle in from the open lever side. This will push the axle nut keeper out and allow you to rotate it out of the way.
5. Continue to push on the 15QR axle and turn the axle nut clockwise to increase the lever tension, or counter-clockwise to decrease the lever tension.
6. Return the axle nut keeper into place and torque the bolt to 0.90 Nm (8 in-lb).
7. Repeat the axle installation instructions to verify proper installation and adjustment.





## ADDITIONAL TUNING OPTIONS

### CLIP-ON VOLUME SPACERS

Changing volume spacers in the 34 FLOAT fork is an easy internal adjustment that allows you to change the amount of mid stroke and bottom out resistance.

If you have set your sag correctly and are using full travel (bottoming out) too easily, then you could install one or more spacers to increase bottom out resistance.

If you have set your sag correctly and are not using full travel, then you could remove one or more spacers to decrease bottom out resistance.

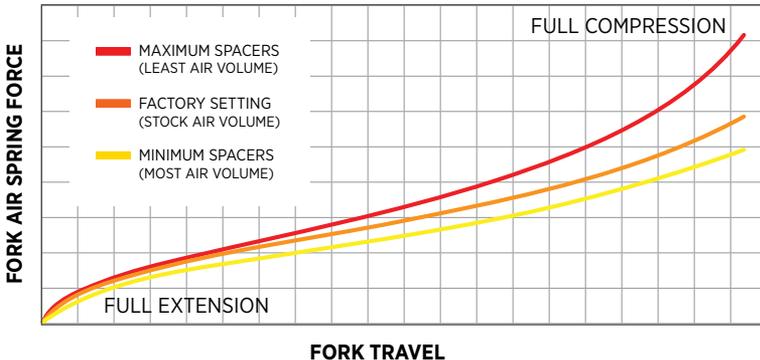
Installation procedure and tuning options are available online at: [ridefox.com/ownersmanuals](http://ridefox.com/ownersmanuals)

34 FLOAT Volume Spacer Configurations		
Travel	Volume Spacers Factory Installed	*Max Volume Spacers
160 mm	1	4
150 mm	2	5
140 mm	2	5
130 mm	3	6
120 mm	5	6
110 mm	6	7



\*Do not exceed the Max Volume Spacers number, as this can damage your fork.

### TYPICAL AIR SPRING CURVES



**AIR SPRING VOLUME SPACERS, CONTINUED**

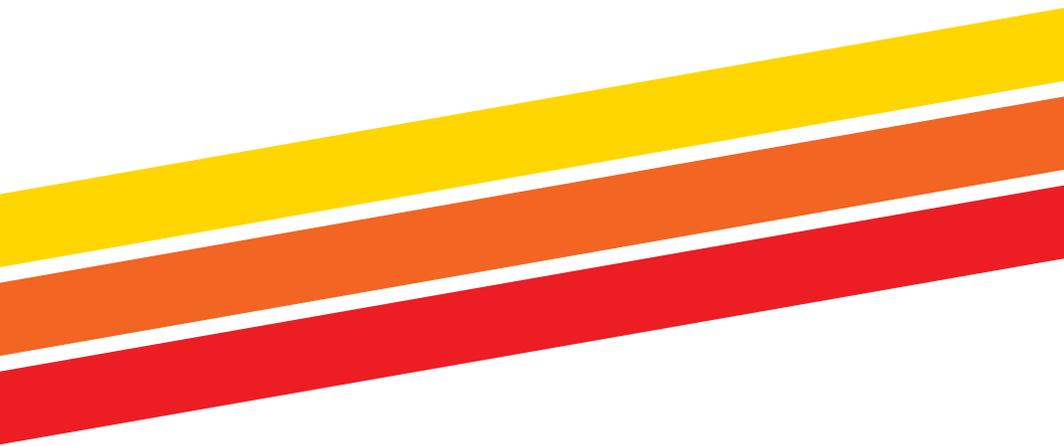
34 Rhythm Volume Spacer Configurations		
Travel	Volume Spacers Factory Installed	*Max Volume Spacers
150 mm	0	4
140 mm	0	4
130 mm	1	5
120 mm	2	5
110 mm	3	6
100 mm	4	6

**SEE ADDITIONAL INFORMATION AND VIDEOS:**

**34 FLOAT** [ridefox.com/34setup](http://ridefox.com/34setup)







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