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Monarch RT3 only: Turn the compression lever to the unlocked position. 11 Monarch™ RT3/R Service 2 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 depress the Schrader valve and release all air pressure from the air can.

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 ...

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Rockshox Monarch RT3 basic set-up and tuning guide/tips. This is just a BASIC tuning guide I wrote up for those new to the Rockshox Monarch RT3 rear shock and confused by the levers, dials etc (as I was when I first saw them). It's just a simple start for playing around with a BASIC set-up. Mine is a 2012.

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Monarch RT3 | RS-MNR-RT3-D1 | RockShox

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

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Monarch Rt3 Setup Guide - chimerayanartas.com

Rockshox monarch RT3 - setup tips/manual? rob-jackson. Free 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 ...

To achieve maximum suspension performance, proper setup and tuning is essential. This guide will help you identify and understand the features and adjustments that may be included on your RockShox suspension, as well as guide you through spring setup, damper adjustments and tuning, and air spring bottom out tuning.

Suspension Setup and Tuning Guide - Service | 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.

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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

Enduro racing is my primary focus for 2017 aboard the Slash. My bike is set up to work best on descending blue/black trails. Shock tune as printed on the can is: M Rebound M Open compression setting S Medium compression setting 380 Firm compression setting Current setup:-Air pressure 158-160psi-Rebound 5 clicks out from full closed (10 clicks ...

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