

SUSPENSION SETUP

CHRONO R XC PRO

Fork: RockShox Recon Silver RL 29, 120mm

Follow RockShox Recon Silver RL recommended settings on the bottom right back side of the casting.
Mondraker recommended RockShox Recon Silver RL fork settings based on rider weight and XC Pro 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	5
129,8-136,4lbs / 59-62 kg	77	open	5
138,6-145,2lbs / 63-66 kg	84	open	5-4
147,4-154lbs / 67-70 kg	91	open	5-4
156,2-162,8lbs / 71-74 kg	98	open	5-4
165-171,6lbs / 75-78 kg	105	open	4-3
173,8-180,4lbs / 79-82 kg	112	open	4-3
182,6-189,2lbs / 83-86 kg	119	open	4-3
191,4-198lbs / 87-90 kg	126	open	3-2
200,2-206,8lbs / 91-94 kg	133	open	3-2
209-215,6lbs / 95-98 kg	140	open	3-2
217,8-224,4lbs / 99-102 kg	147	open	2-1
226,6-233,2lbs / 103-106 kg	154	open	2-1
235,4-242lbs / 107-110 kg	161	open	2-1
244,2-250,8lbs / 111-114 kg	168	open	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.