

SUSPENSION SETUP

CHRONO CARBON RR XC PRO

Fork: Fox 34 Step Cast Float FIT4 Evol Factory Kashima, 120mm

Follow Fox 34 Step Cast Float recommended settings on the bottom right back side of the casting. Mondraker recommended Fox 34 Step Cast Float 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	55	20-18	20-18
129,8-136,4lbs / 59-62 kg	59	19-17	19-17
138,6-145,2lbs / 63-66 kg	63	18-16	18-16
147,4-154lbs / 67-70 kg	67	17-15	17-15
156,2-162,8lbs / 71-74 kg	71	16-14	16-14
165-171,6lbs / 75-78 kg	75	15-13	15-13
173,8-180,4lbs / 79-82 kg	79	14-12	14-12
182,6-189,2lbs / 83-86 kg	83	12-10	12-10
191,4-198lbs / 87-90 kg	87	11-9	11-9
200,2-206,8lbs / 91-94 kg	91	10-8	10-8
209-215,6lbs / 95-98 kg	95	9-7	9-7
217,8-224,4lbs / 99-102 kg	99	8-6	8-6
226,6-233,2lbs / 103-106 kg	103	7-5	7-5
235,4-242lbs / 107-110 kg	107	6-4	6-4
244,2-250,8lbs / 111-114 kg	111	5-3	5-3
>253-319lbs / >115-145 kg	115	4-2	4-2

*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.