

## *Rockshox Monarch Rt Setup Guide*







### **Rockshox Monarch Rt Setup Guide**

Featuring silky smooth travel in a new lightweight design, Monarch floats through bumps even better than before, turning rugged trails into tire-gripping velvet. The chassis is lean while maintaining the durability and adjustability needed to bite off huge chunks of burly trail action and epic cross country.

### **Monarch RT | SRAM**

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. I'm no expert, just passing on some info that would have helped me when I first bought the bike.

### **Rockshox Monarch RT3 basic set-up and tuning guide/tips ...**

For the aftermath of my original question regarding how to identify the Specialized specific version of the 48x197 Rockshox Monarch RT shock in order to buy spareparts/upgrades like for example a new Debon Air air-can, the Specialized specific 2018 fit all spareparts with the 2016 to 2018 generic Rockshox Monarch RT 190/200x51 mm version.

### **Rockshox Monarch RT setup questions - EMTB Forums**

This video will guide you through the sag setup process for RockShox rear shocks with Debon Air and Solo Air Technologies. If you have questions about the installation or service of these or any ...

### **RockShox Debon Air and Solo Air Rear Shock Sag Setup**

G'day all, Here is a BASIC Rockshox Monarch RT3 rear shock set-up and tuning guide that I put together for anyone who needs it. No info came with my bike, nor in any online manual, so I compiled a basic set of notes.

### **BASIC Rockshox Monarch RT3 rear shock set-up and tuning ...**

Bit of a thread revival here, but I seem to be in the same boat as you guys. Just bought a Boardman FS Pro with a Monarch RT shock and the RockShox website is pretty rubbish. I've always ridden hardtails until now so rear shock setup is a bit of a mystery.

### **Monarch RT setup - BikeRadar Forum**

No setup manual afaik. There are full service manuals available for download from the sram site. Had one on my Mega switched to Monarch Plus now.

### **Rockshox monarch RT3 - setup tips/manual? - Singletrack ...**

How to personalise your RockShox Monarch rear shock suspension: tailor the air-spring volume to your weight and riding style in four simple steps. >>> How to setup mountain bike suspension. Tools you will need. Shock pump for adjusting air chamber pressure; RockShox volume reducer spacers (around £12) Allen key to remove shock

### **5-minute tune up: RockShox Monarch shock - MBR**

How To Get The Most Out Of Your RockShox Suspension. View as: Slideshow | One Page. ... - Monarch Shock and DebonAir Product Info ... And the nice thing about mathematical equations, it is easy to create charts and/or a setup guide that you enter in rider weight, bike weight and it spits out recommended air volume, pressure and secondary ...

### **How To Get The Most Out Of Your RockShox Suspension ...**

What PSI should i set my shock? HELP in All Mountain, Enduro & Cross-Country ... Fitted as standard is a 160mm RockShox Monarch DebonAir RT. Now I'm around 14st in weight, and around 5,10ft in ...

### **What PSI should i set my shock? HELP - Pinkbike Forum**

This article is actually a Rockshox set-up and tuning guide that I put together from my notes whilst

tuning my bike for both Manly Dam and Mt Narra at Narrabeen – our local Mountain bike trails. This guide may assist other Northern Beaches Cyclists with their mtb suspension tuning...

### **Manly Dam and Mt Narrabeen MTB Rockshox Monarch set-up and ...**

Rear shock: RockShox Monarch RT SoloAir\_e-FACTOR XR+ | e-BIKE\_TRAIL COLLECTION 2018 lbs / kg lbs / kg psi SAG SAG rider weight air pressure rider weight Suggested fork sag 20% Settings based on e-MTB Trail application & 30-35% recommended sag.

### **SAG RECOMMENDED SETTING\* psi compression**

How To Buy A Used Bike – What To Look For When Buying A Second Hand Road Bike - Duration: 8:20. Global Cycling Network 340,368 views

### **Rockshox monarch advice**

Servicing RockShox suspension requires knowledge of suspension components as well as the special tools and fluids used for service. For exploded diagram and part number information, please refer to the Spare Parts Catalog available on our web site at [www.sram.com](http://www.sram.com). For order information, please contact your local SRAM distributor or dealer.

### **Monarch R Service Manual - cycleservicenordic.com**

Thanks for the tip, I am good on the overall setup was just not sure of the starting point with the Monarch. I really like how Fox gives you starting point figures based on your weight. I have a rebar fork on my 29er and it was much easier to set up Fox forks/ Shocks I have had in the past with there guide. Thanks again!

### **Rock Monarch RT3 PSI Settings | mtbNJ.com**

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.

### **Sag Gradients | Rockshox | SRAM**

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**

Rockshox Monarch Rt3 Set-up Questions I just purchased monarch rt3 low tune for my 08 heckler. ... TNC, this looks like a great tuning process, but I can't seem to be able to find it at rock shox's site. Can you describe it in detail, or perhaps post a link? ... Where can I find a Weight Table/Guide for the RT3? Tired of looking online can't ...

### **Rockshox Monarch Rt3 Set-up Questions- Mtbr.com**

Down tube cable guide installation Certain Specialized FSRs are equipped with bolt-on down tube cable guides 5 under the down tube. For proper housing placement and function, the hydraulic rear brake housing goes in the larger middle slot, while the gear cables go on the outside. NOTE: Only use 4mm gear housing. Do not overtighten the guide bolts!

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Embs's (Fairly) Definitive Guide to Cold Weather Clothing. Book: Mastering Mountain Bike Skills. Doc: Bike Buying Guide. ... What psi do I set my RockShox Monarch RT Rear Shock to? I weigh approx. 79-81kg (175-178lbs ... I haven't been able to find anything on the monarch rt regarding psi levels. In fact, there's generally not much found the rt ...

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