



RIDER WEIGHT LBS (KG)	SHOCKS												ROCKSHOX / SPECIALIZED BRAIN FORKS			
	BRAIN	BRAIN	RP23	TRIAD II	ARIO	TRIAD II	ARIO	ARIO	BRAIN	TRIAD	RP23	RP2			+ AIR	- AIR
90 (41)	100	110	80	74	90	80	75	60	110	100	95	110	40			
100 (45)	110	120	87	80	95	87	80	70	120	110	105	115	45			
110 (50)	120	130	94	86	100	94	85	80	130	120	115	125	50	60-80	60-80	
120 (54)	130	140	100	92	105	100	90	90	140	130	125	135	55			
130 (60)	140	150	107	98	110	107	95	100	150	140	135	145	60			
140 (64)	150	160	114	104	115	114	100	110	160	150	145	155	65	80-95	80-95	
150 (68)	160	170	120	110	120	120	105	120	170	160	155	165	70			
160 (73)	170	180	127	116	125	127	110	130	180	170	165	175	75			
170 (77)	180	190	134	122	130	134	115	140	190	180	175	185	80	95-110	95-110	
180 (82)	190	200	140	128	135	140	120	150	200	190	185	195	85			
190 (86)	200	210	147	134	140	147	125	160	210	200	195	205	90	110-125	110-125	
200 (91)	210	220	154	140	145	154	130	170	220	210	205	215	95			
210 (95)	220	230	160	146	155	160	135	180	230	220	215	225	100			
220 (100)	230	240	167	152	165	167	140	190	240	230	225	235	105			
230 (104)	240	250	174	158	175	174	145	200	250	240	235	245	110			
240 (109)	250	260	180	164	185	180	150	210	260	250	245	255	115	125+	125+	
250 (113)	260	270	187	170	195	187	155	220	270	260	255	265	120			
260 (118)	270	280	194	176	205	194	160	230	280	270	265	275	127			
270 (123)	280	290	200	182	215	200	165	240	290	280	275	285	135			
280 (127)	290	300	207	188	225	207	170	250	300	290	285	295	150			

RIDER WEIGHT LBS (KG)	FOX FORKS			
	36 Float RL	F150	TALAS RLC TALAS RL	F140 RL
≥ 125 (≥ 57)	45	40	50	45
125-135 (57-61)	48	45	55	50
135-145 (61-66)	50	50	60	55
145-155 (66-70)	53	60	70	65
155-170 (70-77)	55	65	75	70
170-185 (77-84)	65	70	85	75
185-200 (84-91)	75	80	95	80
200-215 (91-98)	85	90	105	90
215-230 (98-105)	95	100	115	100
230-≥250 (105-≥113)	105	110	125	110
SAG (mm / ")	24-40 (0.9-1.6")	23-38 (0.9-1.5")	21-35 (0.8-1.4")	21-35 (0.8-1.4")
MAX AIR PRESSURE	105psi	125psi	125psi	125psi

RIDER WEIGHT LBS (KG)	FOX FORKS		
	F130 RLC F130 FIT RL F130 RL	Float RL Float F120 RL	FLoat FIT 29 RLC FLoat FIT 29 RL
≥ 125 (≥ 57)	48	50	53
125-135 (57-61)	48	50	53
135-145 (61-66)	53	55	58
145-155 (66-70)	63	65	68
155-170 (70-77)	73	75	78
170-185 (77-84)	78	80	83
185-200 (84-91)	83	85	88
200-215 (91-98)	93	95	95
215-230 (98-105)	100	100	100
230-≥250 (105-≥113)	110	110	110
SAG (mm / ")	20-32 (0.8-1.3")	18-30 (0.7-1.2")	17-28 (0.7"-1.1")
MAX AIR PRESSURE	125psi	125psi	125psi

ROCKSHOX SOLO AIR FORKS			
RIDER WEIGHT	RECON 80	RECON 100/120	LYRIK
< 140 (< 63)	90 - 110	50 - 70	35 - 45
140 - 160 (63 - 72)	110 - 125	70 - 85	45 - 55
160 - 180 (72 - 81)	125 - 140	85 - 100	55 - 65
180 - 200 (81 - 90)	140 - 160	100 - 120	65 - 75
200 - 220 (90 - 99)	160 - 175	120 - 135	75 - 85
> 220 (> 99)	> 175	> 135	> 85

ROCKSHOX DUAL AIR FORKS			
RIDER WEIGHT	SID / REBA		
< 140 (< 63)	+ AIR (PSI)	- AIR <sup>1</sup> (PSI)	
< 140 (< 63)	70 - 90	70 - 90	
140 - 160 (63 - 72)	90 - 105	90 - 105	
160 - 180 (72 - 81)	105 - 120	105 - 120	
180 - 200 (81 - 90)	120 - 135	120 - 135	
> 200 (> 90)	> 135	> 135	

<sup>1</sup> RockShox Dual Air Forks: Negative air should not exceed positive air by more than 15 PSI.

- RockShox fork air pressures: Do not exceed 220psi.
- Air pressures and rebound/compression settings are **suggested starting point** recommendations only. Saddle height can also affect sag. Adjust for preference.

**FOX / ROCKSHOX FORKS:** For additional setup information, please refer to the fork manufacturer's setup manuals.

**2012 SHOCK / FORK CHARTS**  
REBOUND

**2012 SHOCK / FORK CHARTS**  
COMPRESSION

	SHOCKS					FORKS	
	EPIC ERA SJ 26" SJ 29 SAFIRE	ENDURO SJ 26" EVO SJ 29 EVO CAMBER 29	SJ 26" SJ 29 SAFIRE CAMBER 26" CAMBER 29	CAMBER 26" CAMBER 29 MYKA FSR	ENDURO	S140TA	RS SID BRAIN RS SID BRAIN 29
RIDER WEIGHT	BRAIN	FOX RP23	FOX TRIAD	RS ARIO	FOX RP2		
LBS (KG)							
90 (41)						35 - 55 clicks	38 clicks
100 (45)						or	or
110 (50)	5-9	6-9	6-9	8-20	6-9	4.5 - 7	2 revolutions
120 (54)							
130 (60)							
140 (64)						25 - 45 clicks	28 clicks
150 (68)						or	or
160 (73)	4-7	5-6	5-6	5-11	5-6	3 - 5.5	1.5 revolutions
170 (77)							
180 (82)							
190 (86)							
200 (91)						15 - 35clicks	19 clicks
210 (95)						or	or
220 (100)	0-5	3-5	3-5	3-8	3-5	2 - 4.5	1 revolution
230 (104)							
240 (109)							
250 (113)							
260 (118)						5 - 25 clicks	
270 (123)	0-3	0-3	0-3	0-3	0-3	or	
280 (127)						0.5 - 3	
						revolutions	

	SHOCKS						FORKS	
	EPIC ERA	SJ 26" SJ 29 SAFIRE	ENDURO SJ 26" EVO SJ 29 EVO CAMBER 29	SJ 26" SJ 29 SAFIRE CAMBER 26" CAMBER 29	CAMBER 26" CAMBER 29 MYKA FSR	ENDURO	S140TA	RS SID BRAIN RS SID BRAIN 29
TERRAIN	BRAIN	BRAIN	FOX RP23	FOX TRIAD	RS ARIO	FOX RP2		
 XC Race	0 - 2							0 - 4
 Climbing/Asphalt		0 - 2	ON	LOCK OUT	LOCK OUT	ON	0 - 4	
 Smooth hardpack	3 - OPEN	3 - OPEN	OFF - #2	PROPEDAL	LOCK OUT	ON	0 - 8	0 - 8
 Trail riding	3 - OPEN	3 - OPEN	OFF - #1	OPEN	OPEN	OFF	5 - 13	5 - 13
 Downhill/Technical	OPEN	OPEN	OFF - #0	OPEN	OPEN	OFF	8 - 13	8 - 13

**LEGEND**

REBOUND (Counter-clockwise clicks from full slow)	COMPRESSION (Counter-clockwise clicks from full firm)	FOX RP23 (3 open settings + ProPedal)	FOX TRIAD (3 settings: Open, ProPedal, lock out)	FOX RP2 (2 settings: Open, lock out)	SAG	STROKE	TRAVEL

**NOTE:** Air pressures and rebound/compression settings are suggested starting point recommendations only.

Saddle height can also affect sag. Adjust for preference.

**SPECIALIZED BICYCLE COMPONENTS**

15130 Concord Circle, Morgan Hill, CA 95037 (408) 779-6229  
AC0371 Rev.A, June 2011

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