



Niner MCR 9 RDO Suspension set up guide

Fork Setup

There are four different settings that make up all the adjustments on the Fox AX fork: air pressure, rebound damping, low speed compression damping, and the 3-position lever. The recommended settings are in the Suspension Setup Guide chart on the back page.

So, I lied. There is another setting that is not as simple to adjust. There are air spacers that can be added or taken away from the air spring side of the fork. This adjusts how firm the shock feels near the end of the stroke, a bottom out adjustment if you will. If one finds themselves bottoming out the fork a lot and feels that the initial section of the travel is nice and plush, they can add spacers. If one feels they can never reach full travel with the shock at a good pressure they can take some out. See Fox's specs on the volume spacers. You may want to leave this one to the bike shop.

Volume Spacers	
Installed	Max
5	7

Rear Shock Setup

This is a custom shock built for us by Xfusion. It has a unique length and stroke that is purpose built for this bike. So, it is important to understand that the sag indicating O-ring will NEVER reach the bottom of the shock stanchion. The stroke is 20mm so that is as far as it will go upon bottom out.

Sag is measured from the bottom of the seal to the top of the O-ring. Sit next on the bike with all the gear that you would typically ride with, including but not limited to: riding clothing, water, spare tubes and tools, snacks, any and all magic crystals, and so on. Bounce slightly on the suspension insuring it is not locked out. Have a riding buddy, trusted colleague, or friendly enough stranger push the O-ring on the rear shock up against the seal while sitting still in your favorite riding position. Get off the bike slowly as to not move further into the bikes travel. Then measure. The Sag Guide chart will show you how to get in the ballpark of the correct air pressure. The Suspension Setup Guide will get you to a great starting point.

Sag Guide				
Fox AX Fork			Xfusion Microlite RL	
15% (firm)	20% (plush)		15% (firm)	20% (plush)
6mm	8mm		3mm	4mm

It is important to remember that every time you install the shock pump the air volume in the shock fills the shock pump to equalize the pressures and give you a reading on the gauge. This is true for every air shock or fork known to mankind, but for this little bity shock that volume gain by adding the shock pump is significant. This means that every time you put your pump on the shock it will read 15-20psi less than you originally put in. Try it, put the pump on and get the initial reading. Say it's about 150psi. Unscrew the pump just enough to hear the pump depressurize. Screw it back on. Now it says about

130psi. So now you know that the shock was originally at about 150psi but as soon as you put the pump on it drops significantly. So always write down what you put in originally so you can adjust from that pressure and not the pressure that your pump says after reinstalling, as that will be significantly lower.

For remote lockout setup see the MCR Build Guide.

Notes

It is important to understand that these are just rough starting points. Some people like it stiffer, some people like it squishier. Terrain may dictate that these settings are not ideal for you and your riding style. Feel free to express yourself in the tweaking of your own setup. Add a little air or compression damping if you feel your bottoming out to much. Take a little out if you are not bottoming out at all. I'm not your mom, I can't tell you how to live your life.

Most importantly ride it. Figure out what you need to change. Change it a little bit. Then decide if the change is "better, the same, or worse" and repeat until it can't get any better.

Ride on.

Suspension Setup Guide									
Rider and Gear Weight		Fox AX Fork				Xfusion Microlite RL			
lbs	Kg	psi	Bar	Rebound	Compression	psi	Bar	Rebound	
120-130	54-59	70	4.8	12	18	113	7.8	8	
130-140	59-64	76	5.2	11	17	122	8.4	7	
140-150	64-68	81	5.6	10	16	131	9.0	7	
150-160	68-73	87	6.0	10	15	140	9.6	6	
160-170	73-77	95	6.6	9	14	149	10.2	6	
170-180	77-82	104	7.2	8	13	158	10.9	5	
180-190	82-86	108	7.4	8	12	167	11.5	5	
190-200	86-91	112	7.7	7	11	176	12.1	4	
200-210	91-95	116	8.0	6	10	185	12.7	4	
210-220	95-100	120	8.3	4	9	194	13.3	3	
220-230	100-104	126	8.7	3	8	203	14.0	3	
230-240	104-109	132	9.1	2	7	212	14.6	2	
240-250	109-113	137	9.4	1	6	221	15.2	2	
						300 PSI (20.6 Bar) Max			



FOX

The word "FOX" is rendered in a bold, orange, sans-serif font. The letter 'O' is stylized to resemble a fox's tail, with several curved, flame-like segments extending downwards and to the right. The logo is set against a black background with several diagonal grey lines on the left side.

32

TUNING GUIDE

SAG SETTING

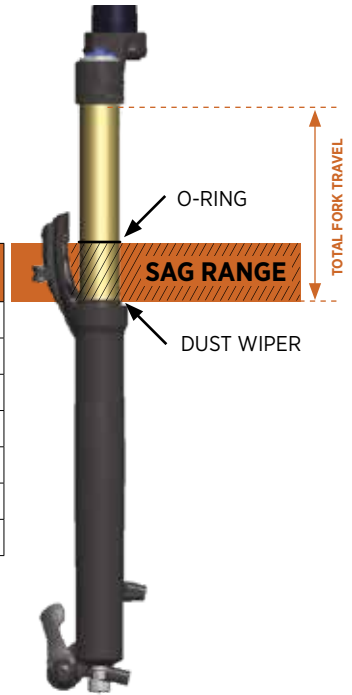
To achieve the best performance from your FOX suspension, adjust the air pressure to attain your proper sag setting. Sag is the amount your suspension compresses under your weight and riding gear. Sag range should be set to 15-20% of total fork travel.

Make sure to set sag with the compression lever in the OPEN position (see page 5).

Watch the sag setup video at ridefox.com/sagsetup

Suggested Sag Measurements		
Travel	15% sag (Firm)	20% sag (Plush)
40 mm/ 1.6in	6 mm/ 0.23in	8 mm/ 0.31in
100 mm/ 3.9in	15 mm/ 0.59in	20 mm/ 0.8in
110 mm/ 4.3in	17 mm/ 0.67in	22 mm/ 0.9in
120 mm/ 4.7in	18 mm/ 0.71in	24 mm/ 0.9in
130 mm/ 5.1in	20 mm/ 0.79in	26 mm/ 1.0in
140 mm/ 5.5in	21 mm/ 0.83in	28 mm/ 1.1in

Your fork has a 4 digit ID code on the back of the lower leg. Use this number on the Help page at www.ridefox.com to find out more information about your fork, including fork travel.



Maximum rotor size for Step Cast 27.5in forks is 180mm.
All other FOX forks can use up to a 203mm rotor (including SC 29in).



The recommended settings in this tuning guide are designed to be a **starting point**, in order to get you out on your first ride in as few steps as possible. Consult your bike manufacturer's instructions for setup recommendations.

As you ride and get used to your new fork, adjust your settings as needed. Detailed information and videos can be found in the online owner's manual.

Suggested Starting Points for Setting Sag			
Rider Weight (lbs)	Rider Weight (kgs)	32 FLOAT AX (psi)	32 FLOAT, FLOAT SC, and Rhythm (psi)
120-130	54-59	70	65
130-140	59-64	76	70
140-150	64-68	81	74
150-160	68-73	87	80
160-170	73-77	95	85
170-180	77-82	104	90
180-190	82-86	108	96
190-200	86-91	112	101
200-210	91-95	116	106
210-220	95-100	120	111
220-230	100-104	126	117
230-240	104-109	132	122
240-250	109-113	137	126



Do not exceed maximum air pressure:
32 FLOAT, FLOAT SC, AX, and Rhythm maximum air pressure is **140 psi**.

REBOUND ADJUSTMENT

The rebound adjustment is dependent on the air pressure setting. For example, higher air pressures require slower rebound settings. Use your air pressure to find your rebound setting.

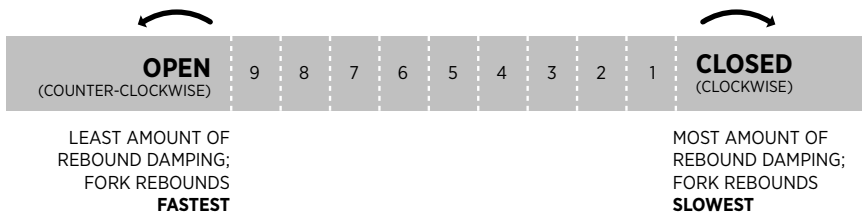
Turn your rebound knob to the closed position (full clockwise) until it stops. Then back it out (counter-clockwise) to the number of clicks shown in the table below.

REBOUND

Rebound controls the rate of speed at which the fork extends after compressing.



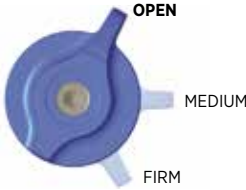
Rider Weight (lbs)	Rider Weight (kgs)	32 AX/SC FIT4	32 FLOAT FIT4	32 GRIP
120-130	54-59	12	14	13
130-140	59-64	11	13	12
140-150	64-68	10	12	11
150-160	68-73	10	11	10
160-170	73-77	9	9	9
170-180	77-82	8	8	8
180-190	82-86	8	7	7
190-200	86-91	7	6	6
200-210	91-95	6	5	5
210-220	95-100	4	4	4
220-230	100-104	3	3	3
230-240	104-109	2	2	2
240-250	109-113	1	1	1



COMPRESSION ADJUSTMENTS

FIT4 3-POSITION LEVER

Begin with the 3-position lever in the OPEN mode.



The **3-position lever** is useful to make on-the-fly adjustments to control fork performance under significant changes in terrain, and is intended to be adjusted throughout the ride.

Use the OPEN mode during rough descending, the MEDIUM mode for undulating terrain, and the FIRM mode for smooth climbing.

*OPEN MODE ADJUST

Set the OPEN mode adjust to 18 clicks out (counter-clockwise until it stops).



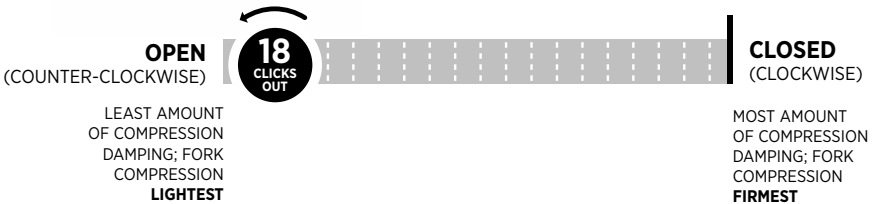
OPEN MODE ADJUST

**Factory Series and Performance Elite Series forks only*

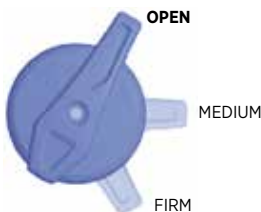
***OPEN mode adjust** is useful to control fork performance under rider weight shifts, G-outs, and slow inputs.

OPEN mode adjust provides 22 additional fine tuning adjustments for the OPEN mode.

Setting 18 will have a more plush feel and setting 1 will have a firmer feel.



GRIP COMPRESSION ADJUST



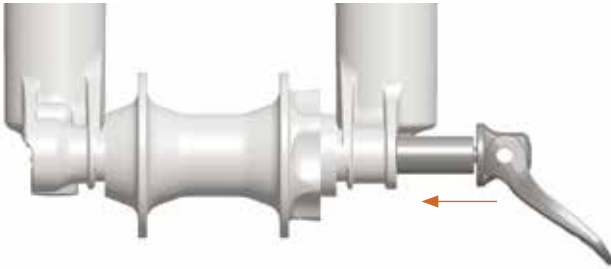
The **3-Position Micro Adjust** lever is useful to make on-the-fly adjustments to control fork performance. Use the positions between the OPEN, MEDIUM, and FIRM modes to fine-tune your compression damping.

The **2-Position Sweep Adjust (32 Rhythm forks only)** lever is useful to make on-the-fly adjustments to control fork performance. Use the positions between OPEN and FIRM modes to fine-tune your compression damping.

INSTALL THE FRONT WHEEL

Wheel installation is identical for both the 15x100 mm and 15x110 mm axles.

1. Install the front wheel into the fork dropouts. Slide the axle through the non-drive side dropout and hub.
2. Open the axle lever.



3. Turn the axle clockwise 5-6 complete turns into the axle nut.
4. Close the lever. The lever **must** have enough tension to leave an imprint on your hand.
5. The closed lever position **must** be between 1-20 mm in front of the fork leg.
6. If the lever does not have enough tension, or has too much tension when closed at the recommended position (1-20 mm in front of the fork). See the next page for adjustment instructions.



KABOLT INSTALLATION

Wheel installation is identical for both the 15x100 mm and 15x110 mm Kabolt axles.

1. Install the front wheel into the fork dropouts. Slide the Kabolt axle through the non-drive side dropout and hub.
2. Use a 6 mm hex wrench to torque the Kabolt axle (clockwise) to 17 Nm (150 in-lb).

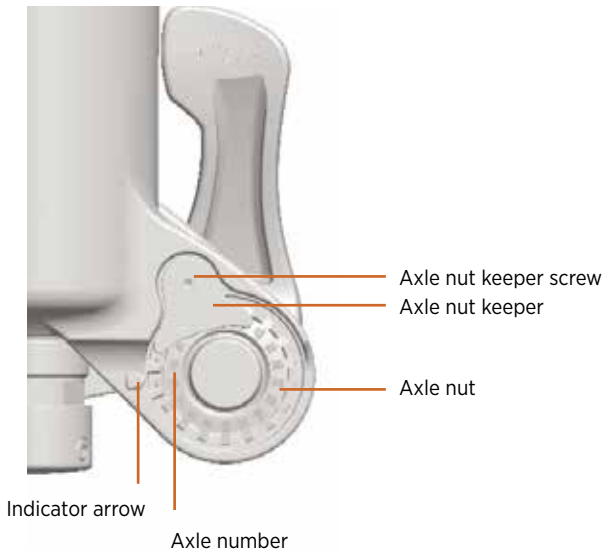


⚠ WARNING: Use hand pressure only. Never use any tool to tighten the 15QR levers onto the lower legs. Over-tightening the levers can damage the axle or fork dropouts, leading to a sudden failure with one or more of these components, resulting in **SERIOUS INJURY OR DEATH**.

⚠ WARNING: Failure to secure the axle properly can cause the wheel to become detached from the bicycle, resulting in **SERIOUS INJURY OR DEATH**.

ADJUST THE LEVER POSITION

1. Note the axle number, which is the number at the indicator arrow.
2. Use a 2.5 mm hex wrench to loosen the axle nut keeper screw approximately 4 turns, but do not completely remove the screw.
3. Move the 15QR to the open position and unthread the axle approximately 4 turns.
4. Push the 15QR axle in from the open lever side. This will push the axle nut keeper out and allow you to rotate it out of the way.
5. Continue to push on the 15QR axle and turn the axle nut clockwise to increase the lever tension, or counter-clockwise to decrease the lever tension.
6. Return the axle nut keeper into place and torque the bolt to 0.90 Nm (8 in-lb).
7. Repeat the axle installation instructions to verify proper installation and adjustment.



ADDITIONAL TUNING OPTIONS

CLIP-ON VOLUME SPACERS

Changing volume spacers in the 32 FLOAT and Rhythm fork is an easy internal adjustment that allows you to change the amount of mid stroke and bottom out resistance.

If you have set your sag correctly and are using full travel (bottoming out) too easily, then you could install one or more spacers to increase bottom out resistance.


If you have set your sag correctly and are not using full travel, then you could remove one or more spacers to decrease bottom out resistance.

Installation procedure and tuning options are available online at: ridefox.com/ownersmanuals

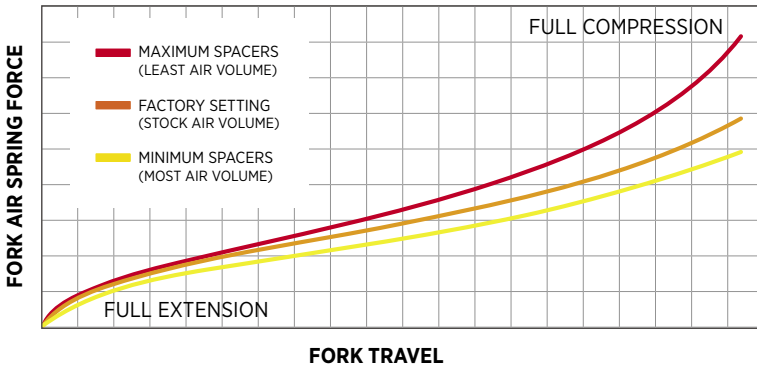
32 FLOAT Volume Spacer Configurations		
Travel	Volume Spacers Factory Installed	*Max Volume Spacers
140 mm	2	5
130 mm	3	6
120 mm	1	4
110 mm	2	4
100 mm	2	4
90 mm	2	4
80 mm	3	5

All 32 27.5 Rhythm and 32 29 Rhythm 15x110 Volume Spacer Configurations		
Travel	Volume Spacers Factory Installed	*Max Volume Spacers
80 mm	2	6
100 mm	1	5
110 mm	0	4
120 mm	0	4

32 29 Rhythm QR9 Volume Spacer Configurations		
Travel	Volume Spacers Factory Installed	*Max Volume Spacers
80 mm	5	8
100 mm	4	7
110 mm	3	6
120 mm	2	6

 *Do not exceed the Max Volume Spacers number, as this can damage your fork.

TYPICAL AIR SPRING CURVES



AIR SPRING VOLUME SPACERS, CONTINUED

32 Step Cast Volume Spacer Configurations		
Travel	Volume Spacers Factory Installed	*Max Volume Spacers
100 mm	1	4
80 mm	2	4
40 mm (AX)	5	7

SEE ADDITIONAL INFORMATION AND VIDEOS:

32 FLOAT ridefox.com/32setup

NOTES

FOX FACTORY

#RIDEFOX RIDEFOX.COM

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605-00-192 REV A



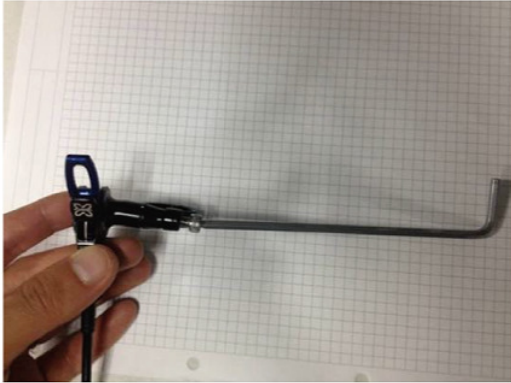
QUICK FLIP REMOTE INSTALLATION INSTRUCTIONS

RIGHT SIDE INSTALLATION

For left side installation,
go to page 2.



STEP 1



Use 4mm hex wrench to loosen handlebar mount bolt

STEP 2



Install remote on handlebar and tighten the mount bolt to Min torque of 2,0 Nm, 20kg-cm or 17lbs-inch, Max torque is 3,0 Nm, 30kg-cm or 26lbs-inch

STEP 3



Make sure your remote is in the Close position



Shown: Opened remote, incorrect

STEP 4



Use a 4mm hex wrench to tighten the top of the remote.

Min torque is 1,5 Nm, 15kg-cm or 13lbs-inch, Max torque is 2,5 Nm, 25kg-cm or 22lbs-inch

STEP 5



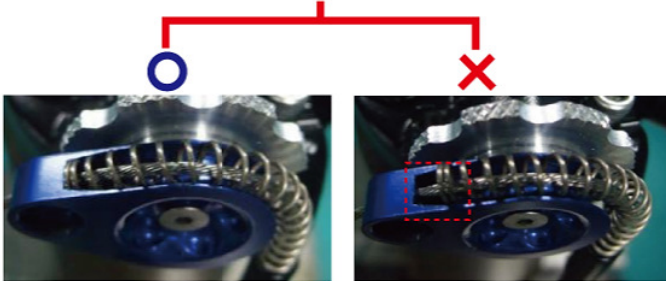
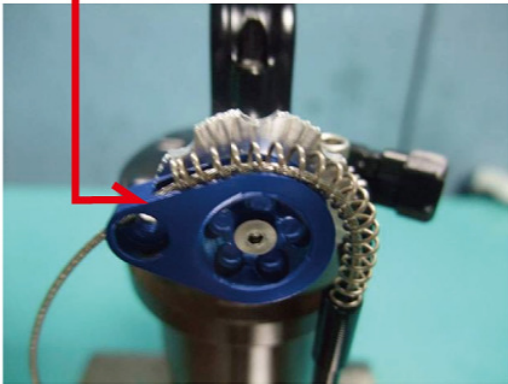
Measure and cut the cable housing. Leave enough housing slack to ensure you can rotate the handlebar completely 180°.

RIGHT SIDE INSTALLATION



STEP 6

Bend the spring and put the cable through the hole on remote activator



There should be no spring gap

STEP 7



Pull the slack out of the cable and tighten the set screw. Cut cable and install cable end to eliminate fraying.

SWITCHING LEVER TO LEFT SIDE

STEP 1



FRONT OF BIKE

You can easily swap the lever from right to left side activation. Start by putting the lever mount on the left side

STEP 2



Gap here!

Release the bolt until a 1.5 mm gap appears

SWITCHING LEVER TO LEFT SIDE



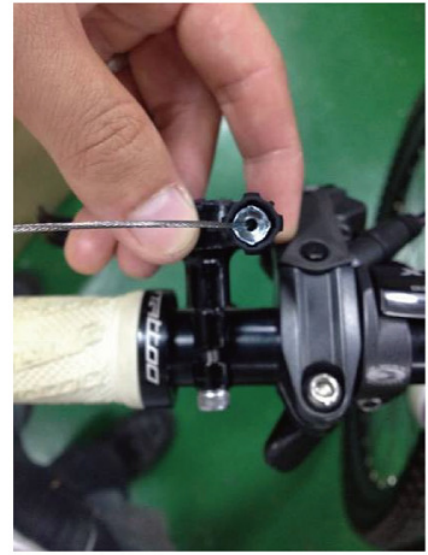
STEP 3



0°



45°



90°

Pull up the lever and turn it over 180 degrees

STEP 4

Angle in a way that is comfortable to activate when riding



180°

Tighten the mount bolt to
Min torque of 2,0 Nm, 20kg-cm or 17lbs-inch,
Max torque is 3,0 Nm, 30kg-cm or 26lbs-inch

SWITCHING LEVER TO LEFT SIDE



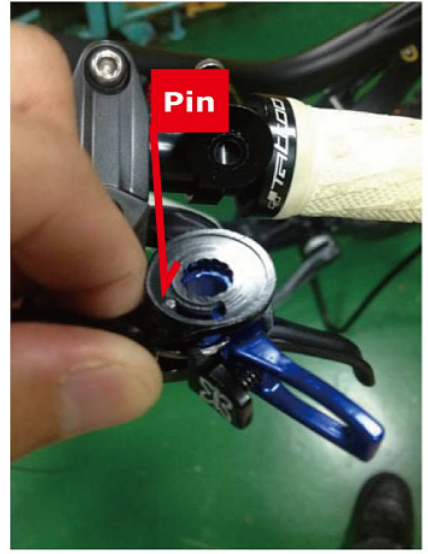
STEP 5



Release blue bolt



Be careful of the pin. If it falls out, the lockout will not function



Flip the lever over and remount

STEP 6



Position the lever to your personal preference then install back onto the mount.

SWITCHING LEVER TO LEFT SIDE



STEP 7



Pin will catch into the hook

Pull the lever to closed mode

STEP 8



Use a 4mm hex wrench to tighten the top of the remote.

Min torque is 1,5 Nm, 15kg-cm or 13lbs-inch,
Max torque is 2,5 Nm, 25kg-cm or 22lbs-inch

STEP 9



Squeeze the two levers together



Twist the lever back to open mode slowly



Finished

FORKS



Once your lever has been installed follow these next few steps to finish the remote install on a fork.

STEP 1



Cut housing to size then install barrel adjuster and cable guide.

STEP 2



Tension cable and tighten set screw.

STEP 3



Cut cable and install cable end.

STEP 4



Make sure everything is secure and working properly. If remote is not opening from lock then you need to go back to step 2 and add tension.

CONGRATULATIONS! YOU HAVE COMPLETED THE INSTALLATION OF YOUR QUICK FLIP REMOTE. NOW GET OUT ON THE TRAIL AND RIDE! PLEASE REMEMBER TO HAVE FUN AND BE SAFE.

FOR MORE INFORMATION ON THE QUICK FLIP REMOTE AND OTHER X-FUSION PRODUCTS VISIT OUR WEB SITE AT WWW.XFUSIONSHOX.COM.