



FOX

34

TUNING GUIDE



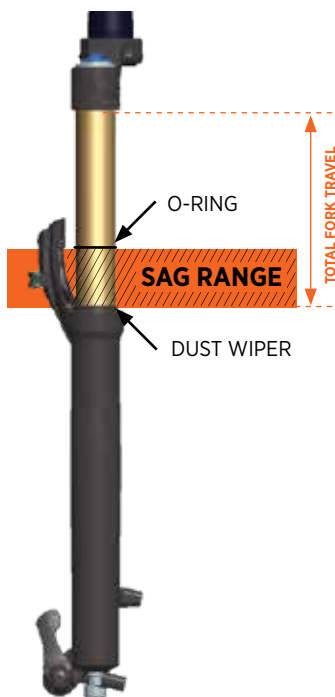
SAG SETTING

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 mode (see page 5).

Watch the sag setup video at ridefox.com/sagsetup

Suggested Sag Measurements		
Travel	15% sag (Firm)	20% sag (Plush)
100mm (3.9in)	15mm (0.6in)	20mm (0.8in)
110 mm (4.3 in)	17 mm (0.7 in)	22 mm (0.9 in)
120 mm (4.7 in)	18 mm (0.7 in)	24 mm (0.9 in)
130 mm (5.1 in)	20 mm (0.8 in)	26 mm (1.0 in)
140 mm (5.5 in)	21 mm (0.8 in)	28 mm (1.1 in)
150 mm (5.9 in)	23 mm (0.9 in)	30 mm (1.2 in)
160 mm (6.3 in)	24 mm (0.9 in)	32 mm (1.3 in)



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.



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)	FLOAT, FLOAT SC, and Rhythm Air Pressure (psi)
120-130	54-59	58
130-140	59-64	63
140-150	64-68	68
150-160	68-73	72
160-170	73-77	77
170-180	77-82	82
180-190	82-86	86
190-200	86-91	91
200-210	91-95	96
210-220	95-100	100
220-230	100-104	105
230-240	104-109	110
240-250	109-113	114



Do not exceed maximum air pressure:

34 FLOAT, FLOAT SC, and Rhythm maximum air pressure is **120 psi**.



REBOUND ADJUSTMENT

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

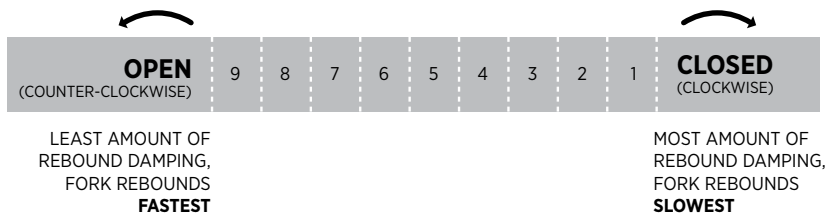
Turn your rebound knob to the closed position (full clockwise) until it stops. Then back it out (counter-clockwise) to the number of clicks shown in the table below.

REBOUND

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



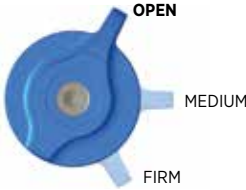
Rider Weight (lbs)	Rider Weight (kgs)	34 FLOAT/ SC FIT4	34 GRIP	34 GRIP2	
				LSR	HSR
120-130	54-59	14	13	9	8
130-140	59-64	13	12	8	7
140-150	64-68	12	11	7	6
150-160	68-73	11	10	7	6
160-170	73-77	9	9	6	5
170-180	77-82	8	8	6	5
180-190	82-86	7	7	5	4
190-200	86-91	6	6	4	3
200-210	91-95	5	5	4	3
210-220	95-100	4	4	3	2
220-230	100-104	3	3	2	1
230-240	104-109	2	2	2	1
240-250	109-113	1	1	1	0



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).



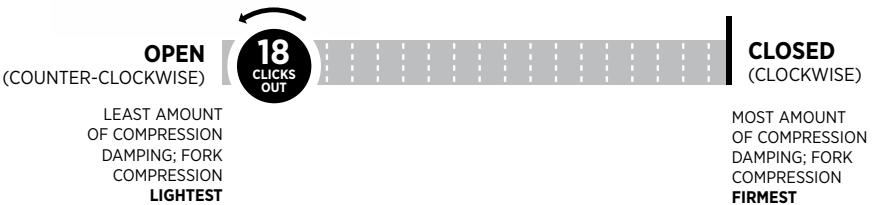
OPEN MODE ADJUST

**Factory Series and Performance Elite Series forks only*

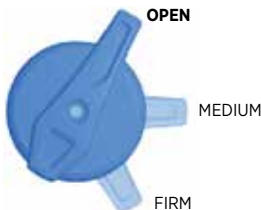
***OPEN mode adjust** is useful to control fork performance under rider weight shifts, G-outs, and slow inputs.

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 (34 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.



FACTORY SERIES GRIP2 COMPRESSION ADJUSTERS

Use this diagram as a starting point for your compression adjusters.

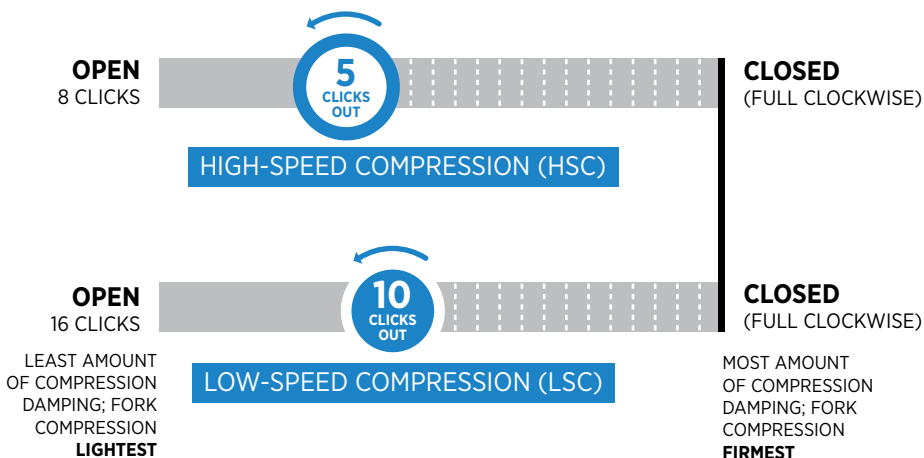
Turn your compression adjusters to the closed position (full clockwise) until they stop. Then back them out (counter-clockwise) to the number of clicks shown below.



High-speed compression adjustment is useful to control fork performance during bigger hits, landings, and square-edged bumps.



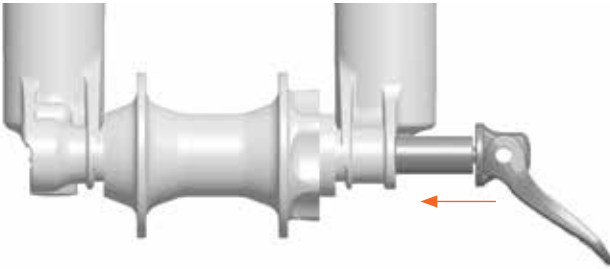
Low-speed compression adjustment is useful to control fork performance during rider weight shifts, G-outs, and other slow inputs.



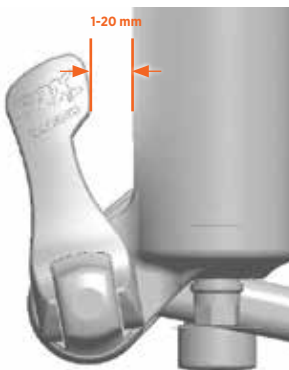
INSTALL THE FRONT WHEEL

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 the torque specification etched on the head of the Kabolt.



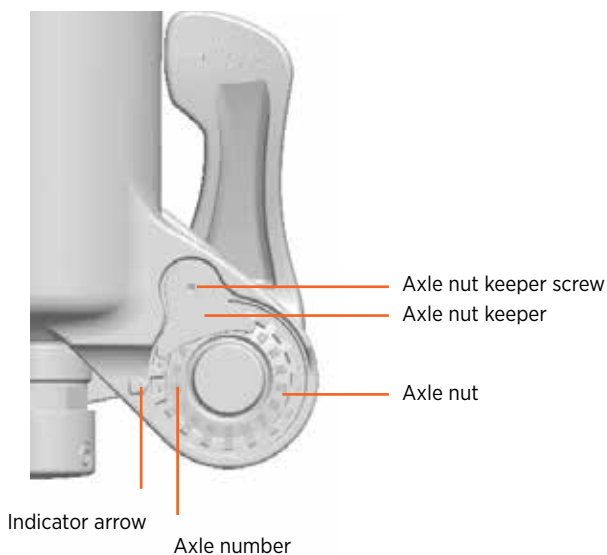
⚠ WARNING: Use hand pressure only. Never use any tool to tighten the 15QR levers onto the lower legs. Over-tightening the levers can damage the axle or fork dropouts, leading to a sudden failure with one or more of these components, resulting in **SERIOUS INJURY OR DEATH**.

⚠ 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 34 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:

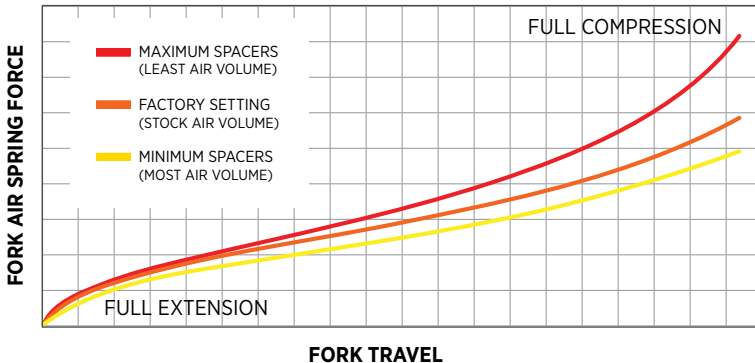
ridefox.com/ownersmanuals

34 FLOAT Volume Spacer Configurations		
Travel	Volume Spacers Factory Installed	*Max Volume Spacers
160 mm	1	4
150 mm	2	5
140 mm	2	5
130 mm	3	6
120 mm	5	6
110 mm	6	7



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

TYPICAL AIR SPRING CURVES





AIR SPRING VOLUME SPACERS, CONTINUED

34 Rhythm Volume Spacer Configurations

Travel	Volume Spacers Factory Installed	*Max Volume Spacers
150 mm	0	4
140 mm	0	4
130 mm	1	5
120 mm	2	5
110 mm	3	6
100 mm	4	6

34 Step Cast FLOAT Volume Spacer Configuration

Travel	Volume Spacers Factory Installed	*Max Volume Spacers
120 mm	2	4
110 mm	3	5
100 mm	4	5

34 Speed-Ped-Elec Volume Spacer Configuration

Travel	Volume Spacers Factory Installed	*Max Volume Spacers
150 mm	2	5
140 mm	3	5
130 mm	4	6
120 mm	4	7
110 mm	5	7
100 mm	6	8
90 mm	6	8
80 mm	6	9

SEE ADDITIONAL INFORMATION AND VIDEOS:

34 FLOAT ridefox.com/34setup

NOTES

FOX FACTORY

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