

## Monarch Rt3 Setup Guide

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### Monarch RT - SRAM

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

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

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 reba rl 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!

### Monarch RT3 Service Manual - SRAM

Turn Up the Volume: RockShox Suspension Tuning Clinic. Jun 15, 2015 ... I'm now at a "doesn't suck" set up - and I want to get to awesome. ... plus I kind of knackered an old Monarch RT3 when I ...

### Monarch Rt3 Setup Guide

2 Insert the threaded rod through the shaft eyelet until the push pin rests against the bushing pin. Thread the large, open end of the catcher along the rod until it rests on the end spacer. 3 Clamp the catcher in a vise or hold it secure with a 13 mm open end or adjustable wrench.

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

The Monarch is a wolf in sheep's clothing. Its lightweight design not only delivers silky smooth travel, but thanks to the DebonAir air spring, it also delivers a spring rate you'd generally only get from a much heavier coil shock.

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

The Monarch RT3 offers 3 adjustments. Starting with the Solo air, you can easily set the air spring pressure. Laser-etched gradients on the side of the low friction hard-anodized 28mm chassis make it is easy to set your sag. The beginning stroke rebound is the second adjustment which has been improved over the previous model Monarch shock.

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

I recently rode in Moab for the first time, Monarch RT3 in the back, RS Lyrik coil in the front, and the bike ate it up like a champ. In 3 straight days of hard riding, the only thing that broke was I wore a hole in one of my gloves. But Rock gardens at top speed, no prob, bigger drops than I've ever done before, no sweat. Great set up.

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

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 ...

### Turn Up the Volume: RockShox Suspension Tuning Clinic ...

A quick look at the impressive new RockShox Deluxe RT3 rear shock. Aimed at trail and cross-country riders, the RT3 uses the new metric system which simplifies buying and fitting your rear shock ...

### RockShox Deluxe RT3 rear shock

What PSI should i set my shock? HELP. ... the sales guy said he was 160lb on a Reign 1 and using near max PSI in the Monarch + Debonair, so they do take higher pressure than normal air cans to get ...

### Monarch™ RT3/R Service Manual

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.

### Rockshox Monarch RT3 Shock Review - Singletracks Mountain ...

DebonAir adds so much volume to the negative air spring, in fact, that RockShox claims it takes 25 percent less effort to get the shock moving through the first third of its travel. If you have a 2013 Monarch RT3 or either a 2014 Monarch or Monarch Plus shock, you can pick up a DebonAir upgrade kit for \$115.

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

My Rockshox Monarch RT3 is a 2012 model and that is what the guide's based on - but it will probably help for other models, the methodology even translates to setting up fork sag and rebound - just be aware of the differences between shock functions, dials, levers etc.

### RockShox Monarch RT3 Rear Shock user reviews : 4.6 out of ...

Monarch RT3. 1. Thread the small end of the push pin onto the threaded rod until the rod is flush or slightly protrudes from the hex-shaped end of the push pin. Threaded rod Catcher Push pin. Rear shock bushing installation/removal tool 5 ROCKSHOX SUSPENSION SERVICE. 2.