

# FOX

# 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](http://ridefox.com/sagsetup)

Suggested Sag Measurements		
Travel	15% sag (Firm)	20% sag (Plush)
80mm (3.1in)	12mm (0.5in)	16mm (0.6in)
100 mm (3.9 in)	15 mm (0.6 in)	20 mm (0.8 in)
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)

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](http://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)	FLOAT & Rhythm Pressure (psi)
120-130	54-59	65
130-140	59-64	70
140-150	64-68	74
150-160	68-73	80
160-170	73-77	85
170-180	77-82	90
180-190	82-86	96
190-200	86-91	101
200-210	91-95	106
210-220	95-100	111
220-230	100-104	117
230-240	104-109	122
240-250	109-113	126



Do not exceed maximum air pressure:  
**32 FLOAT 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.

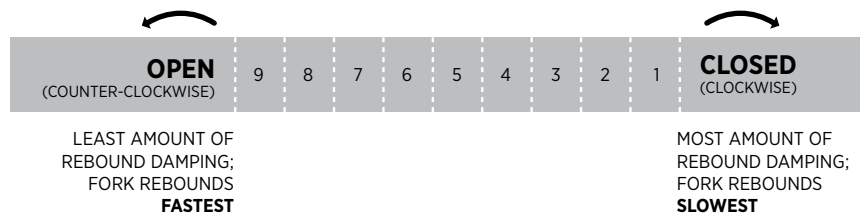
**Turn your rebound knob to the closed position (full clockwise) until it stops. Then back it out (counter-clockwise) to the number of clicks shown in the table below.**

### REBOUND

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



FLOAT & Rhythm Pressure (psi)	Recommended Rebound Setting FIT4	Recommended Rebound Setting GRIP
65	8	13
70	8	12
74	7	11
80	7	10
85	6	9
90	6	8
96	5	7
101	5	6
106	4	5
111	4	4
117	3	3
122	2	2
126	1	1



## COMPRESSION ADJUSTMENTS

### FIT4 3-POSITION LEVER

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

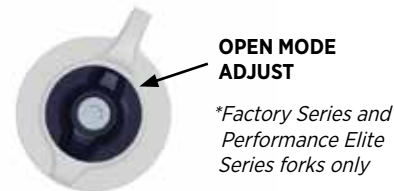


The **3-position lever** is useful to make on-the-fly adjustments to control fork performance under significant changes in terrain, and is intended to be adjusted throughout the ride.

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

### \*OPEN MODE ADJUST

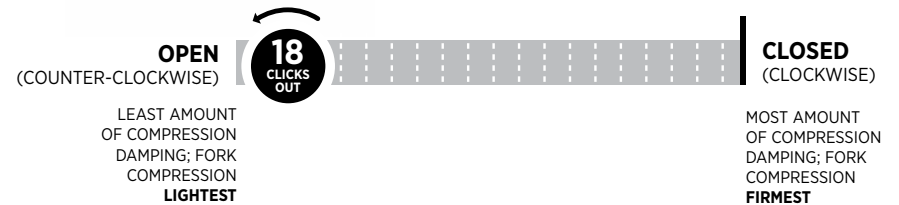
Set the OPEN mode adjust to 18 clicks out (counter-clockwise until it stops).



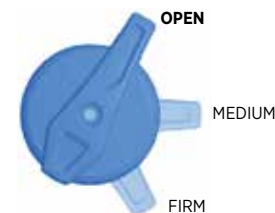
**\*OPEN mode adjust** is useful to control fork performance under rider weight shifts, G-outs, and slow inputs.

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



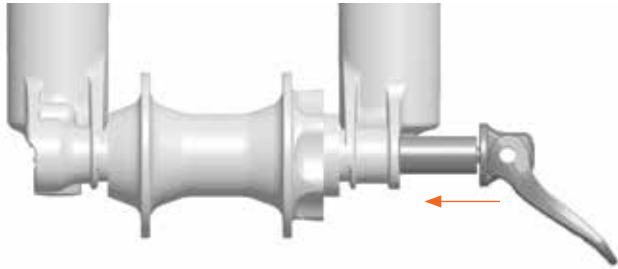
The **3-Position Micro Adjust** lever is useful to make on-the-fly adjustments to control fork performance. Use the positions between the OPEN, MEDIUM, and FIRM modes to fine-tune your compression damping.

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.

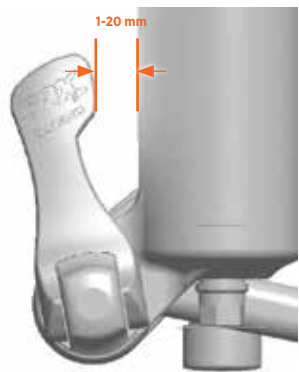
## INSTALL THE FRONT WHEEL

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).



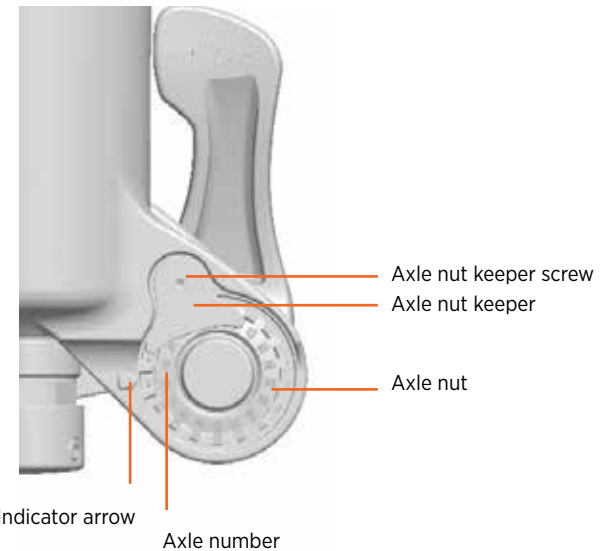
**⚠ WARNING:** Use hand pressure only. Never use any tool to tighten the 15QR levers onto the lower legs. Over-tightening the levers can damage the axle or fork dropouts, leading to a sudden failure with one or more of these components, resulting in **SERIOUS INJURY OR DEATH.**

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

## 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.



## 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](http://ridefox.com/ownersmanuals)

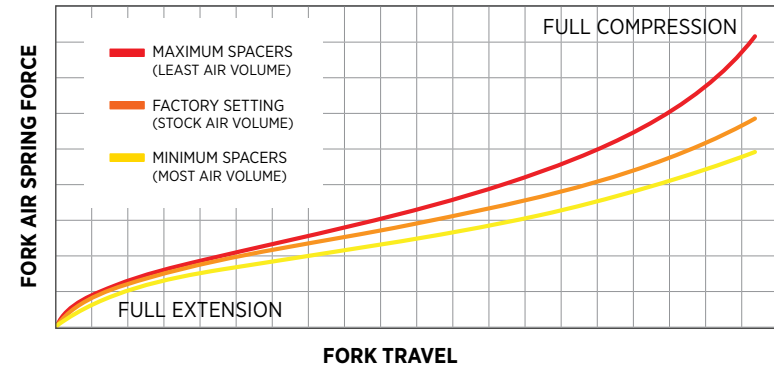
32 FLOAT Volume Spacer Configurations		
Travel	Volume Spacers Factory Installed	*Max Volume Spacers
140 mm	2	5
130 mm	3	6
120 mm	1	4
110 mm	2	4
100 mm	2	4
90 mm	2	4
80 mm	3	5

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	1	4

**SEE ADDITIONAL INFORMATION AND VIDEOS:**

**32 FLOAT** [ridefox.com/32setup](http://ridefox.com/32setup)





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