

FOX

32

TUNING GUIDE



SUPERLIGHT 32 XC SERIES: REDESIGNED TO INCREASE TRAIL PERFORMANCE

The model year 2016 32 features a new FLOAT air spring and FIT4 damper design that provide increased sensitivity and control. The new 32 features on-the-fly low-speed compression damping, 15QR axle design, and the air spring progressiveness can be adjusted with volume spacers.



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.

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 3-position 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)
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.

Suggested Starting Points for Setting Sag			
Rider Weight (lbs)	Rider Weight (kgs)	FLOAT Pressure (psi)	TALAS Pressure (psi)
120-130	54-59	66	98
130-140	59-64	71	105
140-150	64-68	76	113
150-160	68-73	82	121
160-170	73-77	87	129
170-180	77-82	92	137
180-190	82-86	98	144
190-200	86-91	103	152
200-210	91-95	108	160
210-220	95-100	113	168
220-230	100-104	119	176
230-240	104-109	124	183
240-250	109-113	129	191



Do not exceed maximum air pressure:
32 FLOAT maximum air pressure is **140 psi**.
32 TALAS maximum air pressure is **200 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.

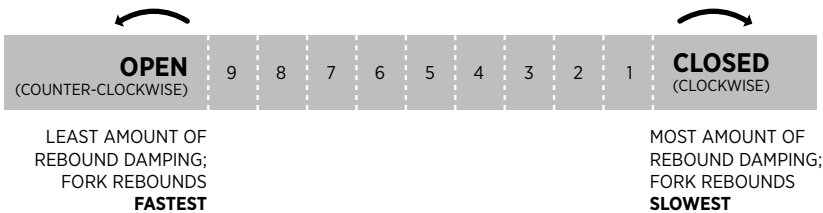
Turn your rebound knob to the closed position (full clockwise) until it stops. Then back it out (counter-clockwise) to the number of clicks shown in the table below.

REBOUND

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



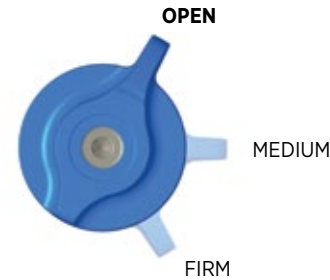
FLOAT Pressure (psi)	TALAS Pressure (psi)	Recommended Rebound Setting
<66	<98	9+
66-76	98-113	8
76-87	113-129	7
87-98	129-144	6
98-108	144-160	5
108-119	160-176	4
119-129	176-191	2
>129	>191	CLOSED



COMPRESSION ADJUSTMENTS

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).

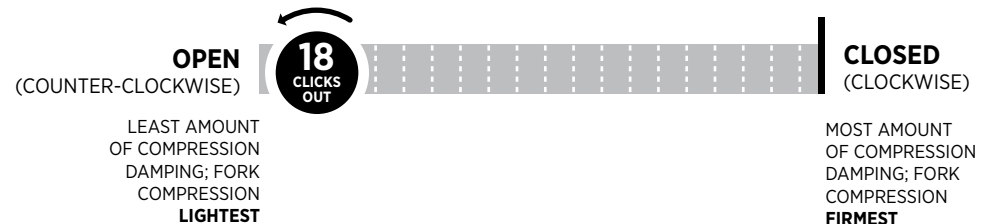


***OPEN mode adjust** is useful to control fork performance under rider weight shifts, G-outs, and slow inputs.

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.

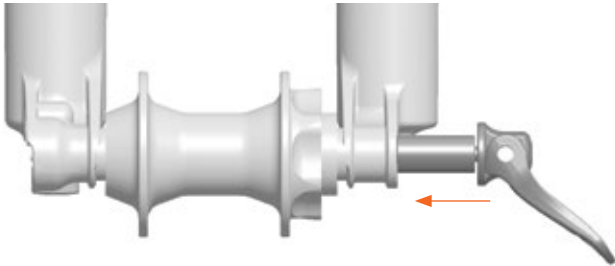
*Factory Series and Performance Elite Series forks only



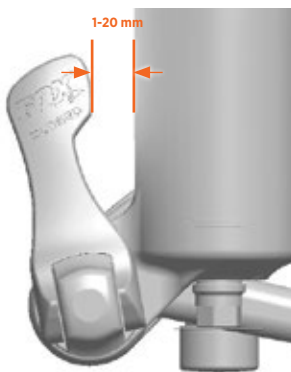
INSTALL THE FRONT WHEEL

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.

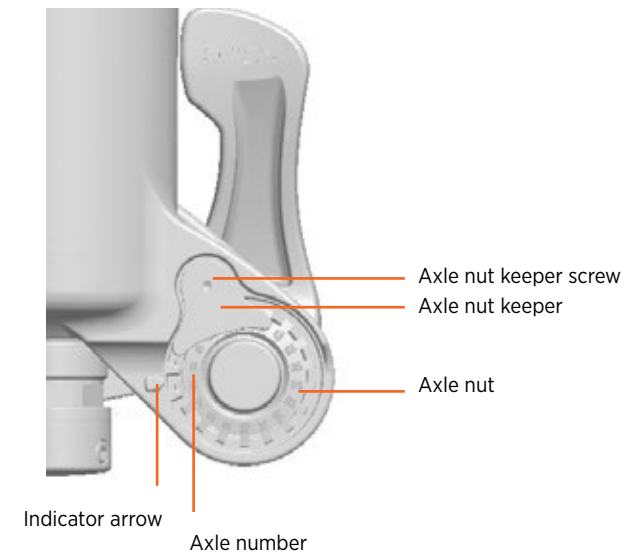


3. Turn the axle clockwise 5-6 complete turns into the axle nut.
4. Close the lever. The lever **must** have enough tension to leave an imprint on your hand.
5. The closed lever position **must** be between 1-20 mm in front of the fork leg.
6. If the lever does not have enough tension, or has too much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



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.



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.



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