OWNER'S MANUALS

FORK- 2015 40



TRAVEL

8.0 in./203mm

FEATURES/ADJUSTMENTS

FACTORY FIT RC2; 203; Kashima Coated upper tubes, 1-1/8" straight steerer, rebound, low-speed compression, high-speed compression, air spring pressure.

PERFORMANCE R; 203; anodized upper tubes, 1-1/8" straight steerer, rebound, coil spring preload.

LOWER LEG

20 thru axle system, post style disc brake mounting

SPRING

Factory: Air / Performance: Coil

RIDING STYLE

Downhill

SECTIONS

BEFORE YOU RIDE >
SETTING FORK AIR PRESSURE (40 FLOAT) >
SETTING COIL SPRING PRELOAD (40 VAN) >
ADJUSTING REBOUND >
USING THE RC2 HIGH AND LOW SPEED COMPRESSION ADJUSTERS (40 FLOAT) >
USING THE AIR RELEASE BUTTONS >
CHANGING THE COIL SPRING (40 VAN) >
SERVICE INTERVALS >

For general information and installation instructions click here »

Before You Ride

MAKE SURE THAT YOUR FORK IS READY TO RIDE

1. Check that your 20mm axle and pinch bolts are properly adjusted and tightened.
2. Inspect the entire exterior of your fork. The fork should not be used if any of the exterior parts appear to be damaged. Contact your local dealer or FOX for further inspection and repair.
3. Check your headset adjustment. If loose, adjust it accordingly to your bicycle manufacturer's recommendations.
4. Check that all brake cables or hoses are properly fastened.
5. Test the proper operation of your front and rear brakes on level ground.
6. Before every race or ride, clean the outside of your fork with only mild soap and water, and wipe dry with a soft dry rag. Do not spray water directly into the seal/upper tube junction. Do not use a high pressure washer on your fork.

WARNING: FOX bicycle suspension products are designed only for bicycle applications as recommended by FOX. DO NOT use the FOX 40 fork on any throttle-equipped motorized vehicle. Misuse or incorrect application of FOX suspension products may void the warranty and

further may result in suspension failure, which could result in property damage, SERIOUS BODILY INJURY OR DEATH.

Setting Fork Air Pressure (40 FLOAT)

⚠ 40 FLOAT maximum air pressure is 100psi

SAG SHOULD BE SET TO 15 - 20% OF TOTAL FORK TRAVEL

1. Unscrew the blue air cap on top of the left fork leg counter-clockwise to expose the schrader valve.



2. Attach a FOX High Pressure Pump to the schrader valve.
3. Pump your fork to the appropriate pressure as listed in the 'Suggested starting points for setting sag' table below, then remove the pump.
4. Using your forks sag setting o-ring on the left upper tube (or temporarily install a zip tie to the upper tube), slide the o-ring (or zip tie) down against the fork dust wiper.



5. Make sure your RC2 adjusters are in the open position (both fully counter-clockwise).
6. Dressed to ride (including a filled hydration pack, if you use one), position your bike next to a wall or table to support yourself. Mount your bicycle. Assume your riding position for at least 10 seconds, allowing the suspension to fully settle. Make sure you distribute your weight evenly between the saddle, handlebars and pedals.
7. While in your riding position, slide the o-ring (or zip tie) down against the fork dust wiper.
8. Dismount your bike without bouncing, to avoid further moving the o-ring or zip tie. Measure the distance between the dust wiper and the o-ring or zip tie. This is your sag measurement. Suggested sag measurements are listed in the table below.
9. Add or remove air pressure until your sag measurement is between 15-20% of your forks total travel.
10. Repeat steps 2-8 and recheck sag measurement.
11. When sag measurement is correct, screw the blue air cap on clockwise until snug.

Suggested Starting Points for Setting Sag		
Rider Weight lbs/kgs		203mm
≤125	≤57	51psi
125 - 135	57 - 61	54psi
135 - 145	61 - 66	57psi
145 - 155	66 - 70	60psi
155 - 170	70 - 77	64psi
170 - 185	77 - 84	68psi
185 - 200	84 - 91	73psi
200 - 215	91 - 98	77psi
215 - 230	98 - 104	82psi
230 - 245	104 - 111	86psi
245-260	111 - 118	91psi
≥260	≥118	95psi

Suggested Sag Measurements		
Travel	15% sag (Firm)	20% sag (Plush)
8.0 in./203mm	1.2 in./31mm	1.6 in./41mm

⚠ The 2014-2015 40 FLOAT uses a simple air chamber volume adjustment system as part of the air topcap assembly. By switching the position of internal spacers to change the location of the compression bulkhead on the shaft, nine different compression ratios are available. For instructions and information regarding changing your 2014 40 FLOAT compression ratio, please go to SERVICE - FORK- 2014 40 FLOAT- Changing the Air Spring Compression Ratio »

Setting Coil Spring Preload (40 VAN)

SAG SHOULD BE SET TO 15 - 20% OF TOTAL FORK TRAVEL

1. Using your forks sag setting o-ring on the left upper tube (or temporarily install a zip tie to the upper tube), slide the o-ring (or zip tie) down against the fork dust wiper.



2. Make sure your RC2 adjusters are in the open position (both fully counter-clockwise).
3. Dressed to ride (including a filled hydration pack, if you use one), position your bike next to a wall or table to support yourself. Mount your bicycle. Assume your riding position for at least 10 seconds, allowing the suspension to fully settle. Make sure you distribute your weight evenly between the saddle, handlebars and pedals.
4. While in your riding position, slide the o-ring (or zip tie) down against the fork dust wiper.
5. Dismount your bike without bouncing, to avoid further moving the o-ring or zip tie. Measure the distance between the dust wiper and the o-ring or zip tie. This is your sag measurement. Suggested sag measurements are listed in the table below.
   - If your sag measurement is less than the desired 15-20% of total travel, turn your preload knob counter-clockwise one full turn and repeat steps 1-5 to measure sag again. Repeat if necessary.
   - If your sag measurement is more than the desired 15-20% or total travel, turn your preload knob clockwise on full turn and repeat steps 1-5 to measure sag again. Repeat if necessary.

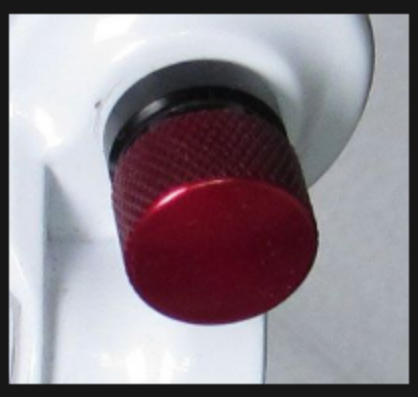


Suggested Sag Measurements		
Travel	15% sag (Firm)	20% sag (Plush)
8.0 in./203mm	1.2 in./31mm	1.6 in./41mm

⚠ If you cannot acheive desired sag by adjusting preload with the stock spring, you may need to swap your stock spring with one of the appropriate spring rate.

Adjusting Rebound

REBOUND CONTROLS HOW FAST THE FORK EXTENDS AFTER COMPRESSING





The red rebound adjuster is located at the bottom of the right fork leg and is protected by a black cover (the rebound knob for Performance R

forks is located at the right topcap). Rebound controls the rate of speed at which the fork extends after compressing. Turning the knob clockwise (in) slows down rebound; turning the knob counter-clockwise (out) speeds up rebound. Rebound damping should only be set after first setting your air pressure by measuring sag.

1. Make sure your RC2 adjusters are in the open position (both fully counter-clockwise).
2. Starting with the rebound adjuster fully open (counter-clockwise) push on the fork to compress it and feel its return speed.
3. Increase rebound damping by turning the red rebound knob in clockwise until when tested, the fork returns quickly but does not top out.

Top out is felt when a fork fully extends too quickly and comes to an abrupt stop when it reaches full extension (you will hear/feel a small noise). Top out should be avoided through proper rebound setting.

Using the RC2 High and Low Speed Compression Adjusters (40 FLOAT)

INDEPENDENTLY CONTROL HIGH AND LOW SPEED COMPRESSION

Adjusting your high and low speed compression setting controls how the fork feels as it's compressed through its travel under various types of hits. Use your high and low speed compression adjusters to tune the fork to meet your riding style and terrain.

Low-speed compression:



Low-speed compression damping controls how the fork feels when being compressed slowly. This adjustment is useful to control fork performance under rider weight shifts, brake dive, G-outs, and other slow inputs into. Turning your low-speed compression dial clockwise increases low-speed compression damping and will make your fork feel stiffer when being compressed slowly. Turning your low-speed compression dial counter-clockwise decreased compression damping and will make your fork feel softer when being compressed slowly.

High-speed compression:



High-speed compression damping controls how the fork feels when being compressed quickly. This adjustment is useful to control fork performance under bigger hits, landings, and square-edged bumps. Turning your high-speed compression dial clockwise increases high-speed compression damping and will make your fork feel stiffer when being compressed quickly. Turning your high-speed compression dial counter-clockwise decreases compression damping and will make your fork feel softer when being compressed quickly.

Using the Air Release Buttons

MAKE SURE THAT YOUR FORK IS RUNNING WITH THE LOWEST FRICTION POSSIBLE



The Air Release Button at the rear of each fork leg allows the rider to equilize the air pressure between the inside of the fork lower leg and the atmosphere. This can be especially helpful at higher altitudes where the internal/external pressure differential can be its greatest.

- Make sure your fork is in an upright position and the exterior is clean of any dirt/debris.
- Always cover the Air Release Buttons with a rag before pressing to prevent any oil spray.
- Make sure to hold the buttons down for at least 5-10 seconds to allow for all air to be released.

Changing the Coil Spring (40 VAN)

IF NECESSARY, CHANGING COILS CAN HELP YOU ACHIEVE PROPER SAG.

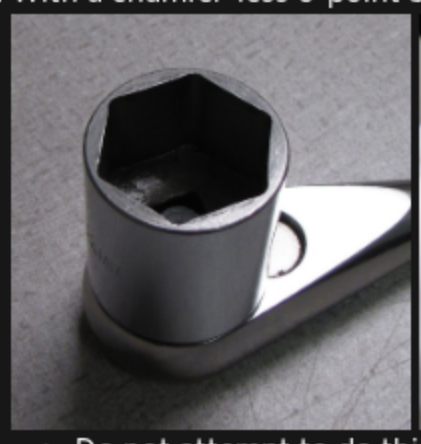
40 Van Spring Information				
FOX Part #	Spring Rate	Color Code	Rider Weight	
			lbs	kgs
039-05-130-kit	30 lb/in	Black	<90–115	<40-52
039-05-131-kit	35 lb/in	Purple	115–155	52-70
039-05-132-kit	40 lb/in	Blue (stock)	155–180	70-82
039-05-133-kit	45 lb/in	Green	180–210	82-95
039-05-134-kit	50 lb/in	Yellow	210–240+	95-109+

- Note images below show a 36 Van 180. Use the same instructions for changing the coil on your Performance Series 40.

1. Turn your preload knob counter-clockwise until it comes to a stop.



2. With a chamfer-less 6-point 32mm (or 1-1/4 in.) socket, loosen and remove the 40 VAN preload topcap and the 3 spring spacers.





    - Do not attempt to do this with any other tool than that described above as damage to your topcap can occur.
3. Compress the fork slightly to expose the coil spring. Pull the spacers and spring up to remove them.





4. Verify the color code on your original and replacement springs.



5. Lightly coat your new spring with Slick Honey™ and Install the new spring (shrink-wrapped portion at the top) by dropping it into the upper tube and pressing down to engage the spring perch. Reinstall the spring spacers.



6. Install the 40 VAN preload topcap and torque to 220 in-lb (24.86 Nm) with your chamfer-less 6-point 32mm (or 1-1/4 in.) socket.



7. Repeat steps 1-5 of the "Setting Coil Spring Preload" section above.



Service Intervals

To best maintain the performance and durability of your product under normal use, FOX recommends that you have regular fork and shock maintenance performed according to the service intervals listed below.

Recommended Minimum Fork Maintenance	Every Ride	Regularly	Every 125 Hours/Yearly, or whichever comes first.*
Clean exterior with mild soap and water only, then wipe dry with a soft towel.	●		
Check sag and damper settings. Inspect your product for visual damage and function of all controls.		●	
Full fork service (Full internal/external inspection, damper rebuild, air spring rebuild, bath oil and wiper replacement)			●

*Suspension product will require more frequent servicing the harder they are worked. For those who ride lift-accessed DH, Park, or Extreme Freeride or in extremely wet/muddy or dry/dusty environmental conditions where trail debris is sprayed onto the fork or shock while on the trail, or e-mtb's, FOX encourages riders to perform maintenance earlier than recommended above as needed. If you hear, see, or feel something unusual, stop riding immediately and contact a FOX Authorized Service Center for proper servicing.