OWNER'S MANUALS

FORK- 2017 32MM/34MM



TRAVEL

32mm Step Cast: 80mm or 100mm

32mm FLOAT: 100mm, 120mm, 140mm, 150mm

32mm TALAS: 140-110mm

34mm FLOAT: 110mm, 120mm, 140mm, 150mm, 160mm

34mm TALAS: 160-130mm, 150-120mm, 140-110mm, 130-100mm

34mm Rhythm: 100mm, 110mm, 120mm, 130mm, 140mm, 150mm

FEATURES/ADJUSTMENTS

32 Factory Series: Available with the FIT iRD, FIT4 3pos w/Adj, or FIT4 Remote w/Adj damper.

32 Performance Elite Series: Available with the FIT4 3pos w/Adj or FIT4 Remote w/Adj damper.

32 Performance Series: Available with the Grip 3pos or Grip Remote damper.

34 Factory Series: Available with the FIT iRD, FIT4 3pos w/Adj, or FIT4 Remote w/Adj damper.

34 Performance Elite Series: Available with the FIT4 3pos w/Adj or FIT4 Remote w/Adj damper.

34 Performance Series: Available with the Grip 3pos or Grip Remote damper.

34 Rhythm: Available with the Grip Sweep-Adj or Grip Remote damper.

LOWER LEG

9mm (32mm Only), 15x100 QR, 15x110 QR

160mm direct post mount disc brake mounting.

180mm Maximum rotor size for SC forks.

Some Travel, Damper, Spring, and Wheelsize combinations may not be available in the aftermarket.

SPRING

FLOAT w/self-adjusting negative air or TALAS Travel Adjustable (30mm Adjustment Range Standard, OE configurations may vary)

RIDING STYLE

XC, Trail, AM

SECTIONS

BEFORE YOU RIDE >
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ADJUSTING REBOUND >
ADJUSTING FIT4 COMPRESSION DAMPING >
ADJUSTING GRIP COMPRESSION DAMPING >
IRD (32MM ONLY) >
REMOTE INSTALLATION >
USING THE 3-POSITION REMOTE >
USING THE 2-POSITION REMOTE >
TUNING WITH AIR VOLUME SPACERS (FLOAT AND RHYTHM FORKS ONLY) >
USING THE TALAS TRAVEL ADJUSTABLE AIR SPRING >
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 quick-release levers 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.

Setting Fork Air Pressure

32 FLOAT maximum air pressure is 140psi/ 9.6 bar

34 FLOAT and Rhythm maximum pressure is 120psi/ 8.3 bar

32/34 TALAS maximum pressure is 200psi/ 13.8 bar

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

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.

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.
   Rotate the 3-Position lever to the Open mode (the riders 1 o'clock position).
   - If you have a Remote fork, click the black release lever once to set the fork to Open mode.
   - If you have a Terralogic® fork, turn the blue Terralogic® threshold adjust knob fully counter-clockwise.
5. 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.

6. While in your riding position, slide the o-ring (or zip tie) down against the fork dust wiper.
7. 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.
8. Add or remove air pressure until your sag measurement is between 15-20% of your forks total travel.
9. Repeat steps 2-8 and recheck sag measurement.
10. When sag measurement is correct, screw the blue air cap on clockwise until snug.

SUGGESTED STARTING POINTS FOR SETTING SAG				
Rider Weight (lbs)	Rider Weight (kgs)	32 FLOAT Pressure (psi/ bar)	34 FLOAT and Rhythm Pressure (psi/ bar)	32/34 TALAS Pressure (psi/ bar)
120-130	54-59	66psi/ 4.5 bar	58psi/ 4.0 bar	98psi/ 6.7 bar
130-140	59-64	71psi/ 4.9 bar	63psi/ 4.3 bar	105psi/ 7.2 bar
140-150	64-68	76psi/ 5.2 bar	68psi/ 4.7 bar	113psi/ 7.8 bar
150-160	68-73	82psi/ 5.6 bar	72psi/ 5.0 bar	121psi/ 8.3 bar
160-170	73-77	87psi/ 6.0 bar	77psi/ 5.3 bar	129psi/ 8.9 bar
170-180	77-82	92psi/ 6.3 bar	82psi/ 5.6 bar	137psi/ 9.4 bar
180-190	82-86	98psi/ 6.7 bar	86psi/ 5.9 bar	144psi/ 9.9 bar
190-200	86-91	103psi/ 7.1 bar	91psi/ 6.3 bar	152psi/ 10.5 bar
200-210	91-95	108psi/ 7.4 bar	96psi/ 6.6 bar	160psi/ 11.0 bar
210-220	95-100	113psi/ 7.8 bar	100psi/ 6.9 bar	167psi/ 11.5 bar
220-230	100-104	119psi/ 8.2 bar	105psi/ 7.2 bar	176psi/ 12.1 bar
230-240	104-109	124psi/ 8.5 bar	110psi/ 7.6 bar	183psi/ 12.6 bar
240-250	109-113	129psi/ 8.9 bar	114psi/ 7.9 bar	191psi/ 13.2 bar

SUGGESTED SAG MEASUREMENTS		
Travel	15% sag (Firm)	20% sag (Plush)
80mm/ 3.1 in	12mm/ 0.5 in	16mm/ 0.6 in
90mm/ 3.5 in	13mm/ 0.5 in	18mm/ 0.7 in
100mm/ 3.9 in	15mm/ 0.6 in	20 mm/ 0.8 in
110mm/ 4.3 in	17mm/ 0.7 in	22mm/ 0.9 in
120mm/ 4.7 in	18mm/ 0.7 in	24mm/ 0.9 in
130mm/ 5.1 in	20 mm/ 0.8 in	26mm/ 1.0 in
140mm/ 5.5 in	21mm/ 0.8 in	28mm/ 1.1 in
150mm/ 5.9 in	23mm/ 0.9 in	30mm/ 1.2 in
160mm/ 6.3 in	24mm/ 0.9in	32mm/ 1.3 in

Adjusting Rebound

REBOUND CONTROLS HOW FAST THE FORK EXTENDS AFTER COMPRESSING

The rebound adjustment is dependent on the air pressure setting. For example, higher air pressures require more rebound damping.

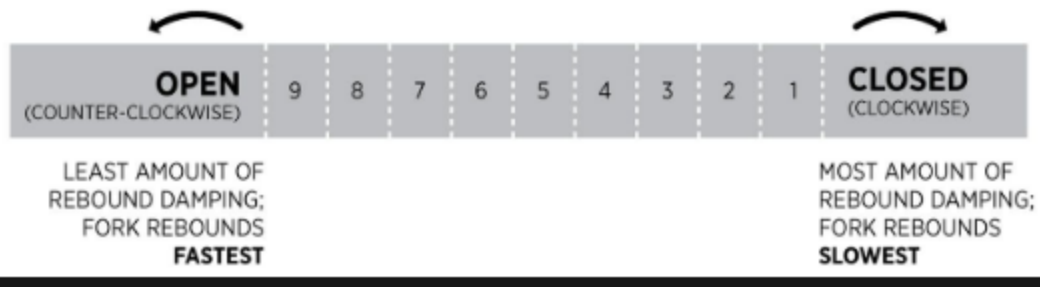
Use your air pressure to find your rebound setting. Turn your rebound knob to the closed position (full clockwise) until it stops. Then back it out (counter-clockwise) to the number of clicks shown in the table below.

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



Adjust rebound until when tested, the fork returns quickly but does not top out.

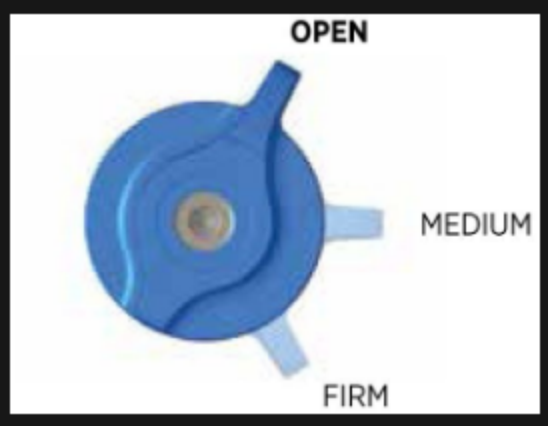
Top out is felt when a fork fully extends too quickly and comes to an abrupt stop when it reaches full extension (you will hear/feel a small noise). Top out should be avoided through proper rebound setting.

Adjusting FIT4 Compression Damping

EASY ON-THE-FLY ADJUSTMENTS FOR UNPRECEDENTED CONTROL AND PERFORMANCE

3-POSITION LEVER: The 3-position lever is useful to make on-the-fly adjustments to control shock performance under significant changes in terrain, and is intended to be adjusted throughout the ride. You can use the OPEN mode during rough descending, the MEDIUM mode for undulating terrain, and the FIRM mode for smooth climbing.

FOX recommends beginning with the 3-position lever in the open mode.



*OPEN MODE ADJUST: 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 22 will have a more plush feel and setting 1 will have a firmer feel.

FOX recommends beginning with the Open mode adjust set to 18 clicks out (counter-clockwise) from fully closed (clockwise).





*Factory and Performance Elite Series forks only.

Adjusting GRIP Compression Damping

3-POSITION MICRO ADJUST: 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. Turning the lever to the full counter-clockwise position sets the fork in the Open mode. Turning the lever to the middle detent position sets the fork in the Medium mode. Turning the lever to the full clockwise position sets the fork in Firm mode. The positions between the Open, Medium, and Firm modes can be utilized to fine tune your compression damping.

FOX recommends beginning with the 3-position lever in the Open mode.

2-POSITION SWEEP ADJUST (34MM RHYTHM FORKS ONLY): The 2-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. Turning the lever to the full counter-clockwise position sets the fork in the Open mode. Turning the lever to the full clockwise position sets the fork in Firm mode. The positions between the Open and Firm modes can be utilized to fine tune your compression damping.

FOX recommends beginning with the 2-position lever in the Open mode.



iRD (32mm only)

iCD Pre-Installation Guide Download »

FLOAT iRD elevates cross country and trail riding to the next level. FLOAT iRD integrates an electronic actuated system into proven FOX FLOAT

fork and shock designs, to quickly and optimally adjust between Open, Medium, and Firm modes.

This system offers fast activation and almost effortless operation. FLOAT iRD shares features with the Shimano E-Tube electronic shifting technology. FLOAT iRD uses Power-Line-Communication (PLC) that facilitates data and power flow through a single wire, permitting minimal wiring and ease of setup.

For a full suspension setup, both fork and rear shock are actuated simultaneously. The switch can be operated by rotating it with your thumb using the thumb actuation indentation, or with the index finger actuation lever.



Firm Mode:

Rotating the switch down fully actuates the Firm mode for a right-mounted switch; if you have the switch mounted on the left side, rotating the switch up fully actuates the Firm mode. Firm mode is a very firm low-speed compression setting. This setting is most useful for climbing and sprinting.

Medium Mode:

Rotating the switch to the middle position actuates the Medium mode. Medium mode offers less compression damping than Firm mode. Use this setting when pedaling on undulating terrain, and for preventing excessive travel in technical riding situations (such as low-speed drops). Medium mode is a great all-around setting for most terrain types and riding styles.

Open Mode:

Rotating the switch up actuates the Open mode for a right-mounted switch; if you have the switch mounted on the left side, rotating the switch down actuates the Open mode. Open mode has the lightest low-speed compression damping of the three modes. Open mode offers the most plush ride to ensure optimal traction over varied terrain.

The Optional PC linkage device can be used to connect a PC to the bicycle (system or unit), and an E-tube Project* can be used to carry out tasks such as, problem diagnosis of single units and the whole system, updating firmware*, and customizing.

- * E-tube Project: the PC application
- * Firmware: the software inside each unit

The E-tube project application download can be found here: http://e-tubeproject.shimano.com

Remote Installation

FIT4 DAMPERS:

1. Install the remote lever onto your handlebar. Do not exceed 1.7 Nm (15 in-lb). Less torque may be needed for carbon bars. Refer to the handlebar manufacturer's instructions for use with carbon bars. Make sure to check for clearance between the remote lever and any brake or shifter controls.
2. Route cable housing from the fork topcap, around the rear of the crown, to the remote lever and cut to length. Install a ferrule on the end of the housing at the remote lever. The end of the housing at the fork topcap does not require a ferrule.
3. Set the remote lever to Open mode by pushing the black lever. Make sure that the cable head is completely seated in the remote lever.
4. With all cable housing fully seated and no slack in the system, lightly lubricate the inner cable and thread it through the cable housing and around the fork remote pulley. Tighten the pinch bolt, cut off the excess inner cable, and crimp the end.

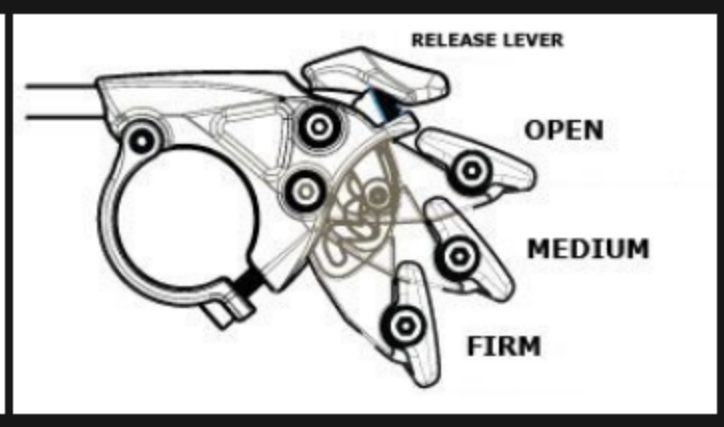
GRIP DAMPERS:

1. Install the remote lever onto your handlebar. Do not exceed 1.7 Nm (15 in-lb). Less torque may be needed for carbon bars. Refer to the handlebar manufacturer's instructions for use with carbon bars. Make sure to check for clearance between the remote lever and any brake or shifter controls.
2. Route cable housing from the fork topcap, around the rear of the crown, to the remote lever and cut to length. Install a ferrule on the end of the housing at the remote lever. The end of the housing at the fork topcap does not require a ferrule.
3. Set the remote lever to Firm mode by pushing the silver lever. Make sure that the cable head is completely seated in the remote lever.
4. With a 5mm hex wrench, turn the remote pulley clockwise until you feel it lightly stop, then hold in place.
    - For forks with the cable exiting the topcap at the rider's 1 o'clock position: the remote pulley should stop at the 10-11 o'clock position.
    - For forks with the cable exiting the topcap at the rider's 7 o'clock position: the remote pulley should stop at the 4-5 o'clock position.
5. With all cable housing fully seated and no slack in the system, lightly lubricate the inner cable and thread it through the cable housing and around the fork remote pulley. While gently holding the remote pulley against the clockwise stop with your 5mm hex wrench, tighten the pinch bolt.
6. Release the 5mm hex wrench, cut off the excess inner cable, and crimp the end.
7. The in-line barrel adjuster may be used to change the lockout blow-off force. Clockwise barrel adjustment increases blow-off force, while counter-clockwise adjustment decreases blow-off force.

Using the 3-Position Remote

EASY ON-THE-FLY ADJUSTMENTS FOR UNPRECEDENTED CONTROL AND PERFORMANCE





The 3-Position Remote lets you to switch between the Open, Medium, and Firm modes while riding. Each mode is optimized for a specific type of terrain, providing best performance and riding enjoyment. The 3-Position remote allows for complete rider control by using different modes on different types of terrain.

Firm Mode:

- Push the silver lever down to its lowest position to set the fork to Firm mode.

Firm mode is a very firm low-speed compression setting. This setting is most useful for climbing and sprinting.

Medium Mode:

- From Firm mode, push the black release lever once and then push the silver lever down one click to the middle position to engage Medium mode.
- From Open mode, push the silver lever down one click to the middle position to engage Medium mode.

Medium mode offers less compression damping than Firm mode. Use this setting when pedaling on undulating terrain, and for preventing excessive travel in technical riding situations (such as low-speed drops). Medium mode is a great all-around setting for most terrain types and riding styles.

Open Mode:

- Push the black release lever in any setting to set the fork to Open mode.

Open mode has the lightest low-speed compression damping of the three modes. Open mode offers the most plush ride to ensure optimal traction over varied terrain.

⚠ NOTE: Actuate the release lever with the suspension unweighted for immediate changes between damping settings. Actuating the release lever with the suspension under load may cause a slight delay transitioning between damping modes.

Using the 2-Position Remote

The 2-position remote is designed to be used in place of a front shifter, under the handlebar on the rider's left side. The 2-position remote can be used with 2 cables to control both the front fork and rear shock simultaneously.

The 2-Position Remote lets you to switch between the Open and Firm modes while riding. Each mode is optimized for a specific type of terrain, providing best performance and riding enjoyment. The 2-Position remote allows for great rider control by using different modes on different types of terrain.



Firm Mode:

- Push the actuation lever to set the fork to Firm mode.

Firm mode is a very firm low-speed compression setting. This setting is most useful for climbing and sprinting.

Open Mode:

- Push the release lever to set the fork to Open mode.

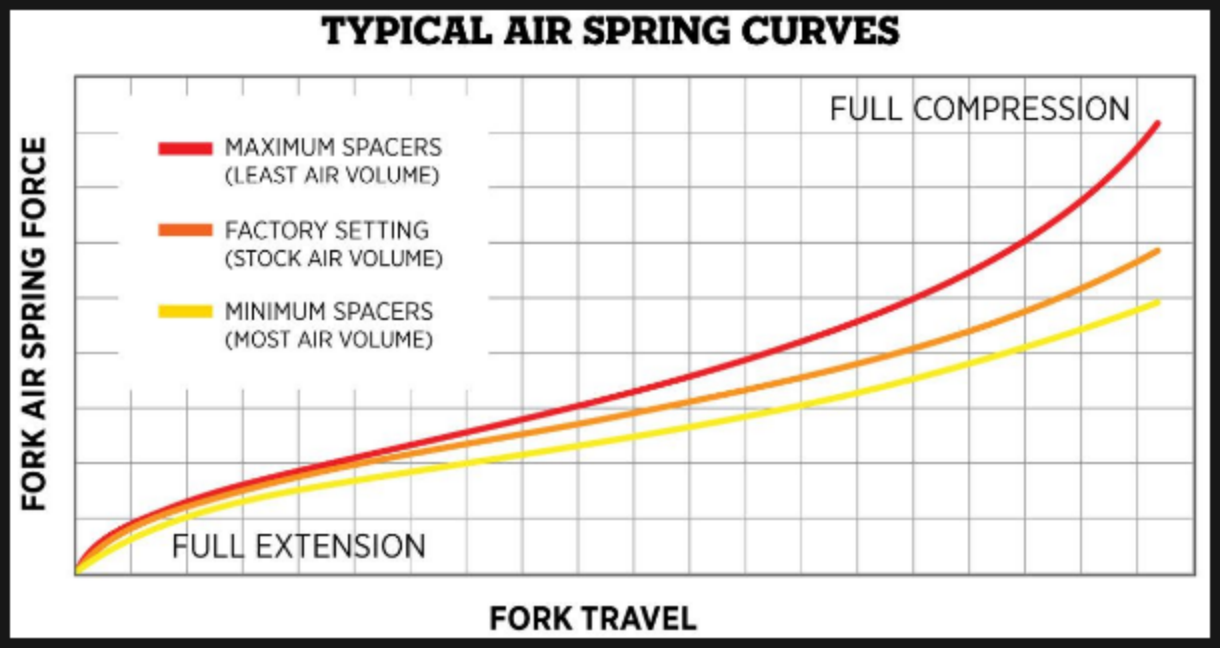
Open mode has the lightest low-speed compression damping of the two modes. Open mode offers the most plush ride to ensure optimal traction over varied terrain.

⚠ NOTE: Actuate the release lever with the suspension unweighted for immediate changes between damping settings. Actuating the release lever with the suspension under load may cause a slight delay transitioning between damping modes.

Tuning with Air Volume Spacers (FLOAT and RHYTHM forks only)

Changing volume spacers in the 32/34 FLOAT and RHYTHM forks 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.



32 STEP CAST FLOAT VOLUME SPACER CONFIGURATION		
Travel	Volume Spacers Factory Installed	*Max Volume Spacers
100 mm	2	4
80 mm	2	4

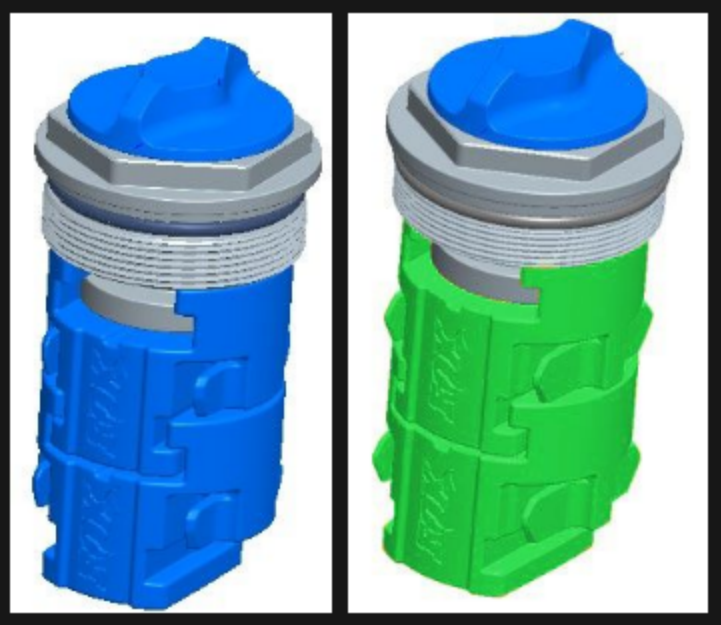
32 FLOAT VOLUME SPACER CONFIGURATION		
Travel	Volume Spacers Factory Installed	*Max Volume Spacers
150 mm	1	4
140 mm	2	5
130 mm	3	6
120 mm	1	4
110 mm	2	4
100 mm	2	4
90 mm	2	4
80 mm	3	5

34 RHYTHM VOLUME SPACER CONFIGURATION		
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

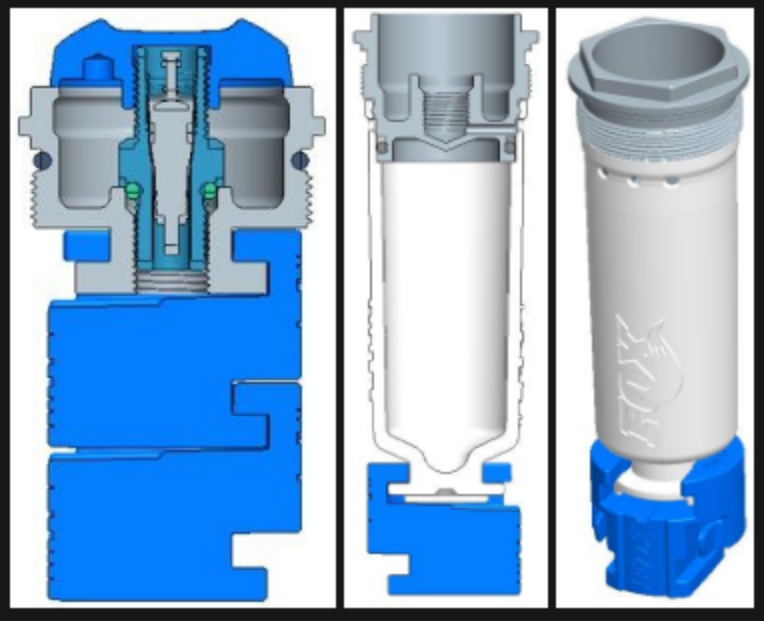
34 FLOAT VOLUME SPACER CONFIGURATION		
Travel	Volume Spacers Factory Installed	*Max Volume Spacers
160 mm	1	4
150 mm	2	5
140 mm	2	5
130 mm	3	6
120 mm	5	6
110 mm	6	7

*DO NOT EXCEED THE MAXIMUM NUMBER OF VOLUME SPACERS LISTED ABOVE!

- 32mm FLOAT volume spacer PN: 234-04-811 is blue and has a volume of 8cc
- 34mm FLOAT volume spacer PN: 234-04-953 is green and has a volume of 10cc



Some 32mm FLOAT forks come with a factory installed hollow volume spacer pictured below. Standard blue 32mm volume spacers can be added to the hollow volume spacer to further reduce air volume if desired.



For air volume spacer installation and removal instructions, please visit: 2016 32mm/34mm FLOAT Air Spring Tuning with Air Volume Spacers »

WARNING: Never attempt to modify air volume spacers, as this can damage your fork causing a loss of control of the bicycle leading to SERIOUS INJURY or DEATH.

WARNING: FOX suspension products contain pressurized nitrogen, air, oil, or all 3. Suspension misuse can cause property damage, SERIOUS INJURY OR DEATH. DO NOT puncture, incinerate or crush any portion of a FOX suspension product. DO NOT attempt to disassemble any portion of a FOX suspension product, unless expressly instructed to do so by the applicable FOX technical documentation, and then ONLY while strictly adhering to all FOX instructions and warnings in that instance.

WARNING: Modification, improper service, or use of aftermarket replacement parts with FOX forks and shocks may cause the product to malfunction, resulting in SERIOUS INJURY OR DEATH. DO NOT modify any part of a fork or shock, including the fork brace (lower leg cross brace), crown, steerer, upper and lower leg tubes, or internal parts, except as instructed herein. Any unauthorized modification may void the warranty, and may cause failure or the fork or shock, resulting in SERIOUS INJURY OR DEATH.

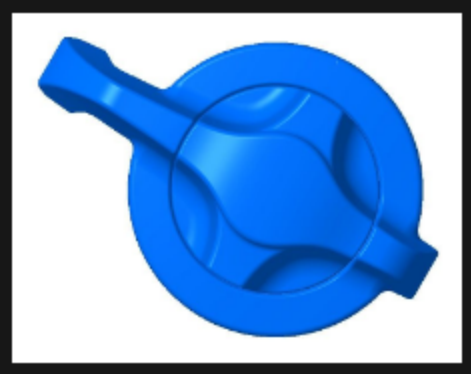
Using the TALAS Travel Adjustable Air Spring

PRECISE TRAVEL ADJUSTMENTS OFFER GREAT CONTROL

TALAS forks give you the option to switch between two travel settings while riding.

Long Travel Mode:

Long Travel Mode:



Turning the TALAS lever toward the "+" (clockwise) sets your fork in the long travel mode. When adjusting to long travel mode, your fork will extend once unweighted.

Short Travel Mode:



Turning the TALAS lever toward the "-" (counter-clockwise) and compressing the fork sets your fork in short travel mode. You must compress the fork deeply into its travel after turning your lever to the short travel mode to travel adjust your fork to short travel mode.

Service Intervals

MAKE SURE TO PROPERLY MAINTAIN YOUR FORK

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.