

Marin Alpine Trail XR Frame Kit-Suspension Setup

REAR SHOCK SETUP

Recommended Sag = 30%/19.5mm

Step 1: Use your finger to slide the rubber bump stop (on the shock shaft) up to the seal head.

Step 2: Sit on the bike and put all of your weight on the bike. Do **not** cycle the suspension.

Step 3: Measure sag (from shock body to bumper), If it does not match the bike's recommended sag in millimeters repeat process, and replace coil spring with appropriate rate.

Step 4: Adjust rebound setting to ensure proper control.

FORK SETUP

Marin recommends that all bikes front and rear suspension feel balanced

Step 1: After rear sag is set follow the recommended pressure from the fork manufacturer.

Step 2: Bounce evenly up and down on the bike, cycling the suspension up and down to make sure both front and rear suspension feel balanced, if the front does not match the rear add or release pressure.

Step 3: Once the bike feels balanced adjust the rebound damping to ensure proper control.

RockShox Super Deluxe Coil Ultimate

Rider weight and shock setup

LBS	KG	COIL LB/IN
120	54	300
130	59	300
140	64	300
150	68	350
160	73	350
170	77	350
180	82	400
190	86	400
200	91	400
210	95	450
220	100	450
230	104	450
240	109	500
250	113	500
260	118	500
270	122	500