



2014
SUSPENSION FORK
OIL, AIR, AND COIL CHARTS

RockShox Oil Volume Chart

Fork	Model	Drive Side					Non-Drive Side					
		Damper Technology	Upper Tube		Lower Leg		Spring Technology	Upper Tube		Lower Leg		
			Volume (mL)	Oil wt	Volume (mL)	Oil wt		Volume (mL)	Oil wt	Volume (mL)	Oil wt	
30 Gold	TK	Turnkey	85	5	5	15	Solo Air	-		10	15	
	TK 27 TK 29		105									
Argyle	RCT	Motion Control	143	5	3-8	15	Solo Air	-		3-8	15	
	RC		130		10		Coil			30		
	R	Rebound										
BoXXer	World Cup	Motion Control DH	230	5	10	15	Solo Air with Volume Adjust	-		10	15	
	R2C2									40		
	RC	Motion Control IS	290							Coil		
Domain	Dual Crown RC	Motion Control IS	325	5	10	15	Coil	-		40	15	
	Dual Crown R	Rebound	370				Coil U-Turn Coil			30		
	RC	Motion Control	200				Coil U-Turn Coil					
	R	Rebound										
Lyrik	RC2L RC2DH	Mission Control Mission Control DH	184	5	10	15	Dual Position Air Solo Air	-		10	15	
	RC	Motion Control IS	187				Solo Air Coil					
	R	Rebound	213									
Pike	RCT3	Charger	Bleed	3	5	0w30	Solo Air	-		15	0w30	
	RC											
Reba	RLT, RL	Motion Control	106	5	5	15	Solo Air	Grease		5	15	
	RL3		111									
Recon Gold	TK TK29 RL R	Turnkey Rebound Motion Control	133	5	6	15	Solo Air	3	15	6	15	
							Coil	-		10		

RockShox Oil Volume Chart

Fork	Model	Drive Side					Non-Drive Side				
		Damper Technology	Upper Tube		Lower Leg		Spring Technology	Upper Tube		Lower Leg	
			Volume (mL)	Oil wt	Volume (mL)	Oil wt		Volume (mL)	Oil wt	Volume (mL)	Oil wt
Recon Silver	TK	Turnkey	150	5	6	15	Solo Air	-	6	15	
							Coil		12		
Revelation	WC XXWC XX RCT3 RLT RL	Motion Control	134	5	5	15	Dual Position Air Solo Air	Grease	5	15	
SID	WC 1 1/8 XXWC 1 1/8	Motion Control	98	5	5	15	Solo Air	Grease	5	15	
	WC XXWC XX RCT3 RLT RL		106								
	RLT3 RL3		111								
Sektor Gold	RL TK	Motion Control Turnkey	130	5	5-8	15	Solo Air	-	3-8	15	
			120				U-Turn 130		10-16	15	
			125				U-Turn 140				
			125				U-Turn 150				
Sektor Silver	TK	Turnkey	150	5	6	15	Solo Air	-	12	15	
XC 32	TK	Turnkey	150	5	6	15	Solo Air	-	6	15	
							Coil		12		
XC 30	TK	Turnkey	100	5	5	15	Solo Air Coil	-	10	15	
	TK 29		122								
	TK 27		123								
XC 28	80/100	Turnkey	93	5	10	15	Coil	-	-	-	
	120		109								

RockShox Air Spring Pressures

by Rider Weight

FORK	<140 LBS (<63 KG)	140-160 LBS (63-72 KG)	160-180 LBS (72-81 KG)	180-200 LBS (81-90 KG)	200-220 LBS (90-99 KG)	MAX PSI
30 Gold 80 mm	90-110 psi	110-125 psi	125-140 psi	140-160 psi	175+ psi	265 psi
30 Gold 100-120 mm	50-70 psi	70-85 psi	85-100 psi	100-120 psi	135+ psi	205 psi
Argyle	120-135 psi	135-150 psi	150-165 psi	165-180 psi	180+ psi	220 psi
BoXXer	30-45 psi	45-60 psi	60-75 psi	75-90 psi	90-105 psi	165 psi
Lyrik	45-55 psi	55-65 psi	65-75 psi	75-85 psi	85-95 psi	148 psi
Lyrik Dual Position Air	45-65 psi	65-85 psi	85-105 psi	105-125 psi	125-145 psi	248 psi
Pike	45-55 psi	55-65 psi	65-75 psi	75-85 psi	85-95 psi	148 psi
Pike 29 120-140 mm	55-65 psi	65-75 psi	75-85 psi	85-95 psi	95-105 psi	163 psi
Pike Dual Position Air	45-65 psi	65-85 psi	85-105 psi	105-125 psi	125-145 psi	248 psi
Reba	70-90 psi	90-105 psi	105-120 psi	120-135 psi	135+ psi	200 psi
Recon Gold 80 mm	90-110 psi	110-125 psi	125-140 psi	140-160 psi	175+ psi	265 psi
Recon Gold 100-120 mm	50-70 psi	70-85 psi	85-100 psi	100-120 psi	135+ psi	205 psi
Recon Silver 80 mm	90-110 psi	110-125 psi	125-140 psi	140-160 psi	175+ psi	265 psi
Recon Silver 100-120 mm	50-70 psi	70-85 psi	85-100 psi	100-120 psi	135+ psi	205 psi
Revelation	65-85 psi	75-100 psi	85-115 psi	95-125 psi	125+ psi	220 psi
Revelation Dual Position Air	<110 psi	110-125 psi	125-140 psi	140-155 psi	155-170 psi	255 psi
Sektor Gold	40-60 psi	60-75 psi	75-90 psi	90-105 psi	105+ psi	225 psi
Sektor Silver	50-70 psi	70-85 psi	85-100 psi	100-120 psi	120+ psi	200 psi
SID	70-90 psi	90-105 psi	105-120 psi	120-135 psi	135+ psi	200 psi
XC32 80 mm	90-110 psi	110-125 psi	125-140 psi	140-160 psi	175+ psi	265 psi
XC32 100-120 mm	50-70 psi	70-85 psi	85-100 psi	100-120 psi	135+ psi	205 psi
XC30 80 mm	90-110 psi	110-125 psi	125-140 psi	140-160 psi	175+ psi	265 psi
XC30 100-120 mm	50-70 psi	70-85 psi	85-100 psi	100-120 psi	135+ psi	205 psi

RockShox Coil Springs

by Rider Weight

FORK	<140 LBS (<63 KG)	140-160 LBS (63-72 KG)	160-180 LBS (72-81 KG)	180-200 LBS (81-90 KG)	200-220 LBS (90-99 KG)
Argyle	Red Medium	Blue Firm	Black X-Firm	Not Available	Pink XXX-Firm
BoXXer	Silver X-Soft	Yellow Firm	Red Medium	Blue Firm	Black X-Firm
Domain					
Lyrik					
Recon Silver	Silver X-Soft	Yellow Firm	Red Medium	Blue Firm	Black X-Firm
Recon Gold					
Sektor					
XC 28 80 / 100 mm	Green X-Soft	Black Soft	Yellow Medium	Red Firm	Blue X-Firm
XC 28 120 mm	Silver X-Soft	Yellow Firm	Red Medium	Blue Firm	Black X-Firm
XC30					
XC32					