

## Dart 3 Rock Shox Manual

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## Book Descriptions:

# Dart 3 Rock Shox Manual

Discover everything Scribd has to offer, including books and audiobooks from major publishers. Start Free Trial Cancel anytime. Report this Document Download Now Save Save RockShox Dart 3 Manual For Later 0 ratings 0% found this document useful 0 votes 904 views 31 pages RockShox Dart 3 Manual Uploaded by test1234567x Description Full description Save Save RockShox Dart 3 Manual For Later 0% 0% found this document useful, Mark this document as useful 0% 0% found this document not useful, Mark this document as not useful Embed Share Print Download Now Jump to Page You are on page 1 of 31 Search inside document Browse Books Site Directory Site Language English Change Language English Change Language. If not, you will need to return to the Lower Leg Removal section of this manual and follow the instructions for removing your fork lowers. Cons Cant use it for anything crazy Recommendation Yes, for beginners or for easy or intermediate riding I have put it through the ringer the past 3 years. As long as you add a little oil to the fork once and a while it will probably last forever. As they say its bullet proof. Its a great deal for a fork that can handle medium size drops and rough terrain and also be able to lock out and ride hard on the flats. Recommendation Yes, of course. I just had it lubed but its starting to bind. All and all a good entry level fork but if you ride hard spend some extra money Cons No lockout on my model, not good adjustability Recommendation Eh, alright Around 100 bucks. Cons No adjustability whatsoever. Not recommended for lightweight riders. I weigh around 135 lbs and only get about 4050% of travel out of it. There are better forks for the money. Recommendation Okay, but you can get better for the money. I found that they bottom out pretty easily and as most spring forks they are either too hard or too soft. They come stock on a lot of entry level mountain bike, mine was on a Gary Fisher Advance that i inherited. <http://dghuji.com/bridge-engineering-manual.xml>

- **dart 3 rockshox manual, rock shox dart 3 service manual, 1.0, dart 3 rockshox manual, rock shox dart 3 service manual.**

Cons Heavy, I needed stiffer springs. Recommendation Came with my GF bike with G2 geometry 29er. Sold after about 4 months. The Lockout is great for hard pack and pavement. Its simple design means theres less that can go wrong. Ive read some of the knocks on this fork but, as others have suggested, the problem isnt with the product; like any component, it requires maintenance! On my first ride, I noticed it was fairly squishy and pogoed noticeably on the choppy stuff. And the rebound adjustment and lockout had virtually no effect. Soon afterwards, I took it apart, cleaned it and added some oil the damper was nearly empty. After adding about 70ml of oil, it worked perfectly smooth ride over all terrain type, not too squishy as I pedaled out of the saddle and the lockout performed as intended. When I followed their instructions, I only got about an inch of travel it was overfilled. I carefully removed about 20ml and, voila, problem solved. YMMV Even with the extra outlay, its still a pretty good value. Treat it to some TLC and youll be very happy you got one. Id be surprised if it lasted more than a year performing as a fork should. Mine simply wouldnt engage unless considerable force was placed upon it. Would have been better off with a lighter, rigid fork. Was one of the first parts replaced on my stock rockhopper. I hardly use any of the travel even with the preload backed as far out as I dare. Might have bought something else if Id read more about them. It could be more plush, some in this price range are, but my only real issue with it is that it locks up in the cold. Supposedly you can change the damper oil to 2.5WT, but thats only good to around freezing I think. A friend recently bought a bike with a Suntour XC9 I think and it felt better to me on a really short ride. Suntours may be a better bet for the money. Hardly anything has lower reviews than Dart forks though. Great for beginners or budget riders. Mine never let me

down. <http://tenekedjjeva.com/uploads/dell-dx6000-manual.xml>

I only switched because of more technical riding. I think half of these complainers are people who don't know how to take care of something or abuse it without thinking and then complain that it's crap. This fork is excellent for the amount of money wanted for it. It also has a post mount style caliper mount for disc brakes. The stanchions are skinny, and I can feel some play as well. It is better than what I had, but I wouldn't have bought this one if I were in the market. I would have saved my pennies for a Tora air with the motion control or better. For an entry level weekend rider this fork will work just fine. I would never ride anything other than cross country with it. It does the job, but there are far better forks out there. They've never leaked although I've seen Toras that have. Mediocre compared to higher level forks, but outstanding compared to equivalent forks by other manufacturers. Eventually had to downgrade to the RockShox Dart 2 just to ride the bike they didn't have Dart 3s in stock. If they come on a bike you're considering buying, pull them off and sell them on ebay and buy a quality shock. Just to let you know I am pretty new to this kinda stuff so please explain things so even I can understand. What I want to know is how to take them apart, change the springs or something to make them less stiff, and put it back together. A video or something would be great, I am looking for sort of a stepbystep guide. Thanks for the help, Scott. If you continue browsing the site, you agree to the use of cookies on this website. See our User Agreement and Privacy Policy. If you continue browsing the site, you agree to the use of cookies on this website. See our Privacy Policy and User Agreement for details. If you wish to opt out, please close your SlideShare account. Learn more. You can change your ad preferences anytime. For help you can check writing expert. Check out, please [www.HelpWriting.com](http://www.HelpWriting.com).

net I think they are the best Afterwards I also ordered an essay from them and I was very happy with the work I got too. Extent of Limited Warranty. SRAM warrants its products to be free from defects in materials or workmanship for a period of two This warranty only applies to the original owner and is not transferable. Original proof of purchase is required. Local law. This warranty statement gives the customer specific legal rights. The customer may also have other To the extent that this warranty statement is inconsistent with the local law, this warranty shall be For example, some states in the United States of America, as well as some governments outside of the United States including provinces in Canada may Limitations of Liability. To the extent allowed by local law, except for the obligations specifically set forth in this warranty Limitations of Warranty The SRAM user manuals can be found Wear and tear parts are subject to damage We recommend that you have your RockShox suspension serviced by a qualified bicycle mechanic. Servicing RockShox suspension requires knowledge of suspension components as well as the special Used suspension fluid should be recycled or disposed of in accordance to local and federal regulations. NEVER pour suspension fluid down a sewage or drainage system or into the ground or a body of water. For exploded diagram and part number information, please refer to the Spare Parts Catalog available on our web site at [www.sram.com](http://www.sram.com). For order information, please contact your local SRAM distributor or dealer. Information contained in this publication is subject to change at any time without prior notice. For the latest technical information, please visit our website at [www.sram.com](http://www.sram.com). Product names used in this document may be trademarks or registered trademarks of others. DAMPER Service. 22 SPRING Service. 36 Service. 60 REAR SHOCK Service getting started. 65 Please, always wear your Protect your eyes! Wear your safety glasses!

<https://www.ziveknihy.sk/audiokniha/engravograph-manual>

Service GETTING STARTED The RockShox Technical Manual separates front suspension into five main service categories The service of front suspension dampers and springs is further subcategorized based on the technology used Therefore, it is imperative for you If you are unsure of the technology used in The following chart is a complete list of the 2009 RockShox front suspension lineup. It details the front suspension model, The following chart is a list of the model year 2009 tools

needed for service on your RockShox front suspension. While thisThe tools required for each step of service are detailed in the textKeep in mind your specific fork may not require every tool listed.The following chart is a summary of the primary torque tightening values common to all RockShox forks. The torque tighteningKeep in mind your specificRemoving the lower legs of your RockShox front suspension provides service access to the bushingsIt also provides service access to the damper and springRemove the air chamber valve cover cap from1. If fork has a negative airDepress schrader valve and release all air2. If fork has a negative airPull external rebound adjuster knob and remove3. Use a 5 mm hex wrench to loosen both shaft4. Use a plastic mallet to gently tap each shaft5. Remove the lower leg assembly from fork by6. Use oil pan to drain excess oil from lower leg7. Spray isopropyl alcohol on and into the lower8. Removing the lower legs of your front suspension is the first step in servicing your fork. It allows you access to the fork bushThe bushings and seals of your RockShox front suspension contribute to the consistent and plushThe more you ride, the more frequently your bushings need to beAt this point you should already have the lowers removed from your fork. If not, you will need to return to the Lower Leg ReBefore you replace your bushings, you should checkMethod 1 OnBike check. Compress fork 5 times to circulate lower leg1. Hold the front brake lever tight and rock the2.

<https://difumarket.com/images/8800-arte-service-manual.pdf>

Check the fork wrap your fingers around the3. Rock the bikeListen and feel if there isCheck the headset wrap your fingers around4. Holding the brake, rock the bike back and forthIf so, tighten theMethod 2 OffBike check. Compress fork 5 times to circulate lower leg1. Hold the fork crown tight in one hand and the2. Try and move theIf you can feel anyRemove the oil foam ring with your fingers.2. Remove the inner oil seal, located just below3. To protect the lower leg paint, place a rag inInstall the correct bushing removal plate onto2. Recon, Revelation, SID, Tora. Slide the removal plate into the lower leg past3. Use a plastic mallet to firmly and squarely hit the4. To pull the lower bushing free from the lower5. Longer lower bushings may require more force. Return to Step 3 and repeat for the other fork6. Spray isopropyl alcohol inside lower legs. Wrap7. Clamp 32 mm bushing installation tool into1. Slide lower bushing installation spacer onto2. Slide the lower bushing sleeve onto bushing3. Recon, Revelation, Tora 318 Only Slide the4. Slide lower bushing onto the top of the lower5. Slide lower leg over installation post and rest on6. Insert mallet drift tool into the lower leg shaft7. Using a plastic mallet, hitContinue to hit the mallet drift tool, until the8. You will feel it stop. Remove lower leg from tool and inspect the fit of9. Return to Step 1 and repeat for other leg.10. Remove lower bushing sleeve and tall lower11. Slide upper bushing onto bushing installation12. Slide lower leg over installation post, and rest13. Insert mallet drift tool into the lower leg shaft14. Using a plastic mallet, hitContinue to hit the mallet drift tool until the15. Remove lower leg from tool and inspect the fit of16. Return to Step 11 and repeat for other leg.17. Clamp 32 mm bushing installation tool into1. Slide bushing installation tool adapter over2. Slide lower bushing sleeve onto the adapter.3. Slide lower bushing onto the adapter.4.

<http://instalaciones-martinez.com/images/8800-gtx-installation-manual.pdf>

Slide lower leg over installation post and rest on5. Insert mallet drift tool into the lower leg shaft6. Using a plastic mallet, hitContinue to hit the mallet drift tool, until the7. You will feel theRemove lower leg from tool and inspect the fit of8. Return to Step 1 and repeat for other leg.9. Remove lower bushing sleeve from the adapter10. Slide lower leg over installation post, and rest11. Insert mallet drift tool into the lower leg shaft12. Using a plastic mallet, hitContinue to hit the mallet drift tool until the13. Remove lower leg from tool and inspect the fit of14. Return to Step 10 and repeat for other leg.15. Soak new foam rings in 15wt suspension oil.1. Insert new oilsaturated foam ring into lower2. Insert new wiper seal into the wide end of the3. Insert wiper seal into lower leg and press4. Wiper seal should be pressfit snug and flush5. Return to Step 1 and repeat for other leg.6. Apply grease or suspension oil to the inside of1. Insert the new oil seal onto the stepped end of2. Soak new

foam rings in 15wt suspension oil.4. Insert new oilsaturated foam ring into lower leg5. Insert new wiper seal into the pocketed end of6. Wiper seal should be pressfit snug and flush8. Return to Step 1 and repeat for other leg.9. Complete the bushing service of your fork by detailing the lower legs. Spray isopropyl alcohol on entire lower leg assembly andCheck the decals on your fork and replace if necessary.Servicing the damper of your front suspension helps ensure consistent rebound and compressionAt this point you should already have the lowers removed from your fork. If not, you will need to return to the Lower Leg. Removal section of this manual and follow the instructions for removing your fork lowers.Remove external snap ring from compression1. If fork is equipped with a remote compressionUnthread compression damper top cap with a2. Remove compression damper by pulling up3. Once removed,Replace compression damper top cap oring by4.

Apply a fewRemove fork from bicycle stand and pour5. Turn fork upside down and push rebound6. Remove rebound damper oring and damper7. Upgrading from a nonremote compression adjust fork to a remote compression adjust from a crown mounted adjusterThe remote return spring is integrated into the compression damper and isClamp fork back into bicycle stand and apply a8. Push rebound damper into upper tube using a9. Measure and pour 5wt suspension oil into the10. Remote Only Position cablestop clamp in the11. Press top cap down into upper tube threads and12. Place compression adjuster knob onto13. Using external snapIf fork is equipped with a remote compressionUsing externalAt this point you should already have the lowers removed from your fork. If not, you will need to return to the Lower Leg. Removal section of this manual and follow the instructions for removing your fork lowers.Remove external snap ring from compression1. If fork is equipped with a remote compressionIf fork is equipped with Motion Control IS, useUnthread compression damper top cap with a2. With a sharp pick, remove the compression4. Remove fork from bicycle stand and pour5. Turn fork upside down. Push rebound damper6. Remove rebound damper glide ring and inner7. Upgrading from a nonremote compression adjust fork to a remote compression adjust from a crown mounted adjusterThe remote return spring is designed into the compression damper and is requiredClamp fork back into bicycle stand. Insert8. Thread shaft bolt into rebound damper shaft end9. Measure and pour 5wt suspension oil into10. Remote Only Slide compression damper11. Position the cablestop clamp in the 10 oclockGrease upper tube threads liberally, then insertAs soon as the damper seal passes through the12. Turn the damper clockwise and thread into the13. Place compression adjuster knob onto14. Using external snapIf fork is equipped with a remote compressionUsing externalAt this point you should already have the lowers removed from your fork.

If not, you will need to return to the Lower Leg. Removal section of this manual and follow the instructions for removing your fork lowers.Crown mounted compression adjusters1. Remove external snap ring from compressionRemove floodgate knob using a 1.5 mm hex andRemote mounted compression adjusters. Remove external snap ring from compressionRemove floodgate knob using a 1.5 mm hex andUnthread compression damper top cap with a2. Once removed, clean upper tube threads with aWith a sharp pick, remove compression damper4. Remove fork from bicycle stand and pour5. Slide seal head off damper shaft and remove7. Apply a fewSpray isopropyl alcohol on rebound damper8. If damaged, replace rebound damper piston9. Spray isopropyl alcohol into the upper tube.10. Wrap a clean rag around a dowel and clean theInsert rebound damper piston into the bottom of11. Continue toPosition the upper tube base ring seal and seal12. Use internal snap ring pliers to secure seal head13. Pull rebound damper shaft down, into the fully14. Upgrading from a nonremote compression adjust fork to a remote compression adjust from a crown mounted adjusterThe remote return spring is designed into the compression damper and is requiredInsert compression damper into upper tube.15. Press down and twist to work damper into upperTurn the damper clockwise to thread into the16. Place compression adjuster knob onto17. Using external snapIf fork is equipped with a remote compressionUsing externalAt this point you should already have the lowers removed from your fork. If not, you will need to return to the Lower Leg. Removal

section of this manual and follow the instructions for removing your fork lowers. Turn blue high speed compression knob1. Unthread compression damper top cap with a3. Insert a 2.5 mm hex wrench into the gold lowThen, using a 1.5 mmRemove the highThis allows access toOnce removed, clean upper tube threads with aRemove glide ring from compression damper5. Remove fork from bicycle stand and pour6.

Return fork to bicycleRemove rebound damper seal head retaining7. Push upward on rebound shaft to separate8. Spray rebound damper shaft with isopropyl9. Remove glide ring from rebound shaft assembly.11. Apply a few drops of suspension oil to new glideInstall rebound shaft assembly into rebound12. Install rebound assembly into upper tube and13. Pull rebound damper shaft down into the fully14. Measure and pour 5wt suspension oil into15. Double check the Floodgate to ensure it is in the16. Hand thread the compression damper top capDouble check the Floodgate to ensure it is in theHand thread the compression damper top intoInstall high speedServicing your fork spring helps reduce friction and ensure consistent, reliable performance fromAt this point you should already have the lowers removed from your fork. If not, you will need to return to the Lower Leg. Removal section of this manual and follow the instructions for removing your fork lowers. Unthread and remove spring top cap with a1. Argyle 302, 318 Only Remove spring preload2. Push spring shaft upward, from the bottom of3. Turn fork upside down and slide the spring shaft4. Remove springSpray isopropyl alcohol on spring, spring shaft5. Insert and drop spring shaft assembly into upper5. Guide the threadedInsert and drop spring assembly into upper tube7. Argyle 302, 318 Only Install spring preload8. Clean top cap, then apply a small amount of9. Insert top cap intoAt this point you should already have the lowers removed from your fork. If not, you will need to return to the Lower Leg. Removal section of this manual and follow the instructions for removing your fork lowers. Unthread and remove spring top cap with a1. Remove spring preload spacers and pull2. Remove the spring shaft base plate retaining3. Pull spring shaft and base plate from upper tube.4. Inspect assembly for damage and replace entireSpray isopropyl alcohol on spring, spring5. Wrap a cleanInsert spring shaft assembly back into bottom of6.

Secure spring shaftApply fresh grease liberally to spring and spring7. Insert spring back into upper tube and place8. Clean top cap, then apply a small amount of9. Insert top cap intoAt this point you should already have the lowers removed from your fork. If not, you will need to return to the Lower Leg. Removal section of this manual and follow the instructions for removing your fork lowers. Remove UTurn knob screw with a 2.5 mm hex1. Remove detent ball bearings and detent springs2. Unthread and remove spring top cap with a 243. Pull and lift entireRemove UTurn negative spring assembly from4. Spray isopropyl alcohol on entire spring5. Apply fresh grease liberally to negative spring,6. Insert and drop negative spring into upper tube7. Insert UTurn spring assembly into upper tube8. Align and seatUsing a 24 mm socketUsing a magnet, guide each detent spring into10. Place UTurn adjuster knob on top of hex.11. Tighten UTurn knob screw with a 2.5 mm hexAt this point you should already have the lowers removed from your fork. If not, you will need to return to the Lower Leg. Removal section of this manual and follow the instructions for removing your fork lowers. Remove UTurn knob screw with a 2.5 mm hex1. Remove detent ball bearings and detent springs2. Unthread and remove spring top cap with a 243. Pull and lift entireSpray isopropyl alcohol on entire spring4. Apply fresh grease liberally to the entire spring5. Insert UTurn spring assembly into upper tube6. Align and seatUsing a 24 mm socketUsing a magnet, guide each detent spring into8. Place UTurn adjuster knob on top of hex.9. Tighten UTurn knob screw with a 2.5 mm hexAt this point you should already have the lowers removed from your fork. If not, you will need to return to the Lower Leg. Removal section of this manual and follow the instructions for removing your fork lowers.Unthread air spring top cap with a 24 mm socket1. Pull top cap out of air tube assembly and pour2. Remove air shaft and air seal head from the3.

Spray isopropyl alcohol on the inside and4. Remove air piston retainer ring using external5. Slide air



sleeve seal head assembly from air6. Remove inner and outer seal head orings.7. Apply a few drops of suspension oil to new oSpray air shaft with isopropyl alcohol and wipe8. Insert air piston back onto air shaft head. Install9. Check retainingRemove inner and outer seal head orings.11. Apply a few drops of suspension oil to new oAll travel spacers are located just above the air seal head. If you want to change the travel of your fork, snap the travel spacerInsert bottomout bumper and kick plate back12. Insert lubricated air assembly, both pistons and13. Push air sealInsert air shaft into top of upper tube, through14. Measure and pour 6 mL of 15wt suspension oil15. Push air shaft to lift air tube out of upper tube a16. Check bottom of upper tube and make sureUsing a 24 mm socketAt this point you should already have the lowers removed from your fork. If not, you will need to return to the Lower Leg. Removal section of this manual and follow the instructions for removing your fork lowers.Unthread and remove air spring top cap with a1. Use your finger to press the air seal head into2. Remove the air assembly shaft guide retaining3. Pull air shaft down toSpray isopropyl alcohol on the inside and4. Remove air piston retainer ring using external5. Remove inner and outer seal head orings.7. Apply a few drops of suspension oil to new oSpray air shaft with isopropyl alcohol and wipe8. Check retaining ringRemove bottomout bumper and kick plate from10. Remove inner and outer seal head orings.11. Apply a few drops of suspension oil to new oAll travel spacers are located just above the air seal head. If you want to change the travel of your fork, snap the travel spacerInsert bottomout bumper and kick plate back12. Insert lubricated air piston into bottom of upper13. Seat the shaft guide ring and wavy washer into14. Secure retaining ring into upper tube retaining15.

Position retaining ring holes around retainingVerify retainingMeasure and pour 6 mL of 15wt suspension oil16. Suspension oilUsing a 24 mm socketAt this point you should already have the lowers removed from your fork. If not, you will need to return to the Lower Leg. Removal section of this manual and follow the instructions for removing your fork lowers.Unthread and remove Dual Air top cap with a 241. Remove fork from stand and pour any air seal2. Clamp fork back into bicycle stand and wipe3. Push negative air shaft up and into base plate,4. Slide a 15 mm socket tool or similar hollow tool5. Once retaining ring is removed, gently pull air6. Spray isopropyl alcohol on the inside and7. Reba only Remove wavy washer, base plate,Reba only Remove outer and inner negative airRemove innerRemove outer positive air piston oring. Apply10. Reba only Remove outer positive air pistonApply a few drops ofAll travel spacers are located just above the bottom out bumper washer. If you want to change the travel of your fork, snap theReinstall the negative air piston, base plate11. Reba only Reinstall the negative air piston,Insert Dual Air assembly into upper tube,12. Using your thumb, press base plate into upper13. Verify retaining ring is secure in upper tubeMeasure and pour 6 mL of 15wt suspension oil14. Suspension oil inUsing a 24 mm socketAt this point you should already have the lowers removed from your fork. If not, you will need to return to the Lower Leg. Removal section of this manual and follow the instructions for removing your fork lowers.Adjust travel setting to max full travel. Push1. Remove detent ball bearings and detent springs2. Turn Air UTurn travel adjust shaft, which3. UTurn top cap top cap should be tight inside. Pull down on the Air UTurn shaft and remove4. Remove Teflon washer from inside of top cap.5. To remove, push down with a pick or flatheadRemove small external retaining ring located6. Push down on seal head with a flathead7.

Once seal head slidesSpray isopropyl alcohol on air shaft and wipe9. Remove seal head from air piston shaft. Remove10. Holding the air tube, place upper choke11. Firmly press tubeUse a dowel to continue to push the assembly12. Spray isopropyl alcohol on the inside and13. Remove external choke retaining ring from14. Remove external choke oring. Apply a few15. Remove upper seal head from adjuster shaft.16. Use a flat head screwdriver and remove inner17. Then remove both theApply a fewInstall choke piston and secure with a NEW 1019. Apply suspension oil to both piston orings.20. Apply a thin film of grease to the inside groove21. Using a long nonmetallic dowel, push assembly22. Hold air tube with open end up. Measure and23. Reapply suspension oil to inner seal

head o24. Air shaft, flat end first. Slide up to bottom outReapply suspension oil to positive and negative25. Push air shaftUsing a small flathead screwdriver, press down26. Add air to the positive air chamber 4060psi27. Insert air tube guide plate into the end of air28. Verify retaining ringPlace Teflon washer over threaded shaft end,29. Insert Air UTurnSlide into upper tube until upper assembly30. Using a magnet, guide each detent spring into31. Place Air UTurn adjuster knob on hex shaft end.32. Secure knob on air shaft with external retainingAt this point you should already have the lowers removed from your fork. If not, you will need to return to the Lower Leg. Removal section of this manual and follow the instructions for removing your fork lowers. Remove all air pressure from the system by1. Using a 2 mm hex wrench remove 2Step2. Using a 24 mm socket wrench, unthread and3. Inspect 2Step topReplace if necessary. Remove fork from bicycle stand and pour any4. Return fork to bicycleUsing external snap ring pliers, remove retaining5. Gently pull down on the air shaft to remove the6. Remove lower seal head from shaft assembly7. Separate the 2Step assembly into 3 parts8. Remove piston from the IFP piston housing.

9. Inspect IFP piston housing for damage orIf damaged orRemove piston oring. Clean piston with10. Replace if necessary. Reassemble IFP and. IFP piston housing. The IFP should be insertedPress the IFP into the IFP piston housing until itSpray isopropyl alcohol on the inside and12. Return to lower seal head. Remove inner and13. Apply a fewRemove lower floating piston from the air shaft14. Remove rubber cushion and using a flat head15. Using external snap ring pliers, remove the16. Remove the inner and outer piston orings.17. Spray the main piston with isopropyl alcoholApply a few drops ofInspect the face seal oring, making sure it18. Spray air shaft with isopropyl alcohol and wipe19. Reassemble main piston and kick plate and20. Slide wavy washer on topInstall top out spring assembly, rubber cushion,21. Install shaft assembly into air tube, air valve22. Measure and pour 5 mL of 15wt suspension oil23. Insert the IFP piston housing into the air tube24. Insert the 2Step assembly into the bottom of25. Gently pull down on air shaft to extend to26. Lyrik Only Measure and pour 35 mL of 2.5wt27. Totem Only Measure and pour 135 mL of 2.5wtUsing the 2StepInstall 2Step adjuster knob and secure fixing29. Install schrader valve into bottom of air shaft,30. Add 100psi to the 2Step system. Rotate31. Rotate adjuster knob to full travel position andLower leg installation is the final step in completing the service of your RockShox front suspension. Be sure to look around and make sure you dont have any extra parts lying around that should be inSpray upper tubes with isopropyl alcohol and1. Pour or inject 15wt suspension oil onto new or2. Slide lower leg assembly on the upper tubes3. Oil Volume chart located in the Getting Started. Information section of this manual. Wipe allInspect and clean air spring shaft bolts, black5. Replace crush washers and crush washerInsert rebound damper and air spring shaft6.

<http://dev.pb-adcon.de/node/23209>