



2016

# Front Suspension

Fluid, Air, and Coil Spring Charts

Service Manual



# Front Suspension Fluid Volume Chart

Fork	Model	Damper						Spring				
		Damper Technology	Upper Tube			Lower Leg		Spring Technology	Upper Tube		Lower Leg	
			RockShox Suspension Fluid	Fluid Height* (mm)	Volume (mL)	RockShox Suspension Fluid	Volume (mL)		RockShox Suspension Fluid	Volume (mL)	RockShox Suspension Fluid	Volume (mL)
30	Gold 26	TurnKey	5wt	80-85	85	15wt	5	Solo Air	Grease	15wt	10	
	Gold 27.5				102							
	Gold 29				100							
	Silver 26				123							
	Silver 27.5				122							
	Silver 29											
Argyle	RC	Motion Control	5wt	-	130	-	10	Coil	Grease Coil Spring	15wt	30	
	R	Rebound										
Bluto	RCT3 RL	Motion Control	5wt	71-77	106	15wt	5	Solo Air	Grease	15wt	5	
BoXXer	World Cup	Charger	3wt	-	Bleed	0w-30	10	Solo Air	Grease	0w-30	10	
	Team										20	
	RC	Motion Control IS	5wt	290								
Domain	Dual Crown RC	Motion Control IS	5wt	-	325	15wt	10	Coil	Grease Coil Spring	15wt	40	
	RC				200						30	

\*Fluid height measurements are taken from the top of the crown surface above the upper tube to the fluid.

Fork	Model	Damper					
		Damper Technology	Upper Tube			Lower Leg	
			RockShox Suspension Fluid	Fluid Height* (mm)	Volume (mL)	RockShox Suspension Fluid	Volume (mL)
Lyrik	RCT3 RC	Charger	3wt	-	Bleed	0w30	10
	RC2DH	Mission Control Mission Control DH	5wt		184		
Paragon	Gold	Turnkey	5wt	87-97	84-90	15wt	9-15
	Silver			80-85	100		12
Pike	RCT3 RC DJ	Charger	3wt	-	Bleed	0w30	10
Reba	RLT RL	Motion Control	5wt	71-77	106	15wt	5
	RL3			64-70	111		
Recon	Gold RL	Motion Control	5wt	80-85	133	15wt	6
	Gold TK	Turnkey					
	Silver TK	Turnkey			150		
Revelation	WC XXWC XX RCT3 RLT RL	Motion Control	5wt	82-88	134	15wt	5
RS-1		Accelerator	5wt	-	Bleed	15wt	10

Spring					
Spring Technology	Upper Tube		Lower Leg		
	RockShox Suspension Fluid	Volume (mL)	RockShox Suspension Fluid	Volume (mL)	
Solo Air Dual Position Air Coil	Grease		0w-30	10	
			15wt		
Solo Air Coil	5wt	3-6	15wt	9-15	
	-	-		12	
Solo Air Dual Position Air	Grease		0w-30	10	
Solo Air	Grease		15wt	5	
Solo Air	Grease		15wt	6	
Coil	Grease Coil Spring			10	
Solo Air	Grease		15wt	6	
Coil	Grease Coil Spring		15wt	12	
Dual Position Air	Grease		15wt	5	
Solo Air					
Solo Air	Grease		15wt	10	

\*Fluid height measurements are taken from the top of the crown surface above the upper tube to the fluid.

Fork	Model	Damper						Spring				
		Damper Technology	Upper Tube			Lower Leg		Spring Technology	Upper Tube		Lower Leg	
			RockShox Suspension Fluid	Fluid Height* (mm)	Volume (mL)	RockShox Suspension Fluid	Volume (mL)		RockShox Suspension Fluid	Volume (mL)	RockShox Suspension Fluid	Volume (mL)
SID	1 1/8": WC XXWC	Motion Control	5wt	71-77	98	15wt	5	Solo Air	Grease	15wt	5	
	WC XXWC XX RCT3 RL				106							
	RLT3 RL3			64-70	111							
Sektor	Gold RL	Motion Control	5wt	80-85	130	15wt	5-8	Solo Air	Grease	15wt	3-8	
	Gold TK	Turnkey			123			10-16				
	Silver TK				150			12				
XC 28	TK	Turnkey	5wt	105-110	93 (80/100)	15wt	10	Coil	Grease Coil Spring	-	-	
					109 (120)							
XC 30	TK	Turnkey	5wt	80-85	143	-	-	Coil	Grease Coil Spring	-	-	
Yari	RC	Motion Control	5wt	-	180	0w-30	10	Dual Position Air Solo Air	Grease	0w-30	10	

\*Fluid height measurements are taken from the top of the crown surface above the upper tube to the fluid.

# Front Suspension Air Spring Pressure

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
30 Silver (80 mm)	90-110 psi	110-125 psi	125-140 psi	140-160 psi	175+ psi	265 psi
30 Silver (100-120 mm)	50-70 psi	70-85 psi	85-100 psi	100-120 psi	135+ psi	205 psi
Bluto	70-90 psi	90-105 psi	105-120 psi	120-135 psi	135+ psi	200 psi
BoXXer WC	30-45 psi	45-60 psi	60-75 psi	75-90 psi	90-105 psi	165 psi
Lyrik (Solo Air)	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
Paragon	80-90 psi	90-100 psi	100-125 psi	125-135 psi	135+ psi	
Pike (Solo Air)	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
Pike DJ (100 mm)	100-115 psi	115-130 psi	130-145 psi	145-160 psi	160-175 psi	250 psi
Pike DJ (140 mm)	65-75 psi	75-85 psi	85-95 psi	95-105 psi	105-115 psi	163 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 Gold 27.5	50-65 psi	65-80 psi	80-95 psi	95-110 psi	110-125 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
Recon Silver (130 mm)	50-70 psi	70-85 psi	85-100 psi	100-120 psi	120+ psi	200 psi
Revelation (Solo Air)	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
RS-1	70-90 psi	90-105 psi	105-120 psi	120-135 psi	135+ psi	200 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
Yari (Solo Air)	45-55 psi	55-65 psi	65-75 psi	75-85 psi	85-95 psi	148 psi
Yari (Dual Position Air)	45-65 psi	65-85 psi	85-105 psi	105-125 psi	125-145 psi	248 psi

# Front Suspension Coil Spring

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)
30 Silver	Silver X-soft	Yellow Soft	Red Medium	Blue Firm	Black X-Firm
Argyle	Red Medium	Blue Firm	Black X-Firm	Not Available	Pink XXX-Firm
BoXXer (Team and RC)	Silver X-Soft	Yellow Soft	Red Medium	Blue Firm	Black X-Firm
Domain					
Domain Dual Crown 27.5					
Lyrik					
Paragon Silver					
Recon Gold					
Recon Silver					
Sektor					
XC 28 (80-100 mm)	Green X-Soft	Black Soft	Yellow Medium	Red Firm	Not Available
XC 28 (120 mm)	Silver X-Soft	Yellow Soft	Red Medium	Blue Firm	Black X-Firm
XC30					

# SRAM®

“We will revolutionize the relationship that our users have with SRAM products, cultivating a bond between the rider and bicycle. Our technical communication will be delivered in innovative and exciting ways, with deliberation and accuracy that inspires loyalty and trust across the globe.”

-SRAM TechCom Vision Statement



ASIAN HEADQUARTERS  
SRAM Taiwan  
No. 1598-8 Chung Shan Road  
Shen Kang Hsiang, Taichung City  
Taiwan R.O.C.

WORLD HEADQUARTERS  
SRAM LLC  
1000 W Fulton Market, 4th Flr  
Chicago, Illinois 60607  
USA

EUROPEAN HEADQUARTERS  
SRAM Europe  
Paasbosweg 14-16  
3862ZS Nijkerk  
The Netherlands