



**32TC**  
TAPER-CAST

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**TUNING GUIDE**

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## SAG SETTING

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**.

Make sure to set sag with the compression lever in the OPEN position (see page 5).

Watch the sag setup video at [ridefox.com/sagsetup](https://ridefox.com/sagsetup)

Suggested Sag Measurements		
Travel	15% sag (Firm)	20% sag (Plush)
40 mm/ 1.6 in	6 mm/ 0.23 in	8 mm/ 0.31 in
50 mm/ 2.0 in	7.5 mm/ 0.30 in	10 mm/ 0.39 in



**Maximum rotor size for 32 TC forks is 180mm**



The recommended settings in this tuning guide are designed to be a **starting point**, in order to get you out on your first ride in as few steps as possible. Consult your bike manufacturer's instructions for setup recommendations.

As you ride and get used to your new fork, adjust your settings as needed. Detailed information and videos can be found in the online owner's manual.

Suggested Starting Points for Setting Sag		
Rider Weight (lbs)	Rider Weight (kgs)	32 TC (psi)
120-130	54-59	100
130-140	59-64	104
140-150	64-68	108
150-160	68-73	113
160-170	73-77	117
170-180	77-82	121
180-190	82-86	125
190-200	86-91	129
200-210	91-95	133
210-220	95-100	138
220-230	100-104	142
230-240	104-109	146
240-250	109-113	150



Do not exceed maximum air pressure: **32 TC** maximum air pressure is **150 psi**.



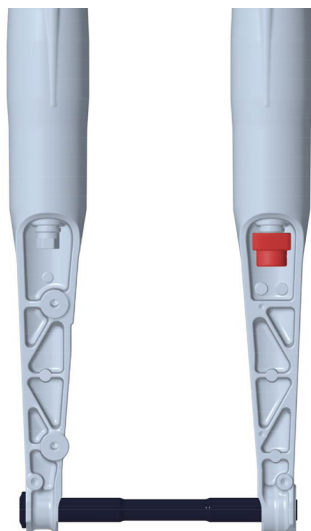
## REBOUND ADJUSTMENT

The rebound adjustment is dependent on the air pressure setting. For example, higher air pressures require slower rebound settings. Use your air pressure to find your rebound setting.

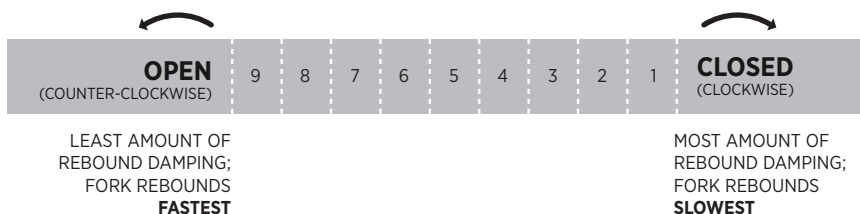
**Turn your rebound knob to the closed position (full clockwise) until it stops. Then back it out (counter-clockwise) to the number of clicks shown in the table below.**

### REBOUND

**Rebound** controls the rate of speed at which the fork extends after compressing.



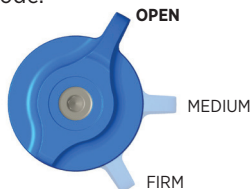
Rider Weight (lbs)	Rider Weight (kgs)	32 TC FIT4	32 TC GRIP
120-130	54-59	15	22
130-140	59-64	14	21
140-150	64-68	13	20
150-160	68-73	13	19
160-170	73-77	12	18
170-180	77-82	12	17
180-190	82-86	11	16
190-200	86-91	10	15
200-210	91-95	9	13
210-220	95-100	8	11
220-230	100-104	7	10
230-240	104-109	7	9
240-250	109-113	6	8



## COMPRESSION ADJUSTMENTS

### FIT4 3-POSITION LEVER

Begin with the 3-position lever in the OPEN mode.



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.

Use the OPEN mode during rough descending, the MEDIUM mode for undulating terrain, and the FIRM mode for smooth climbing.

### \*OPEN MODE ADJUST

Set the OPEN mode adjust to 18 clicks out (counter-clockwise until it stops).



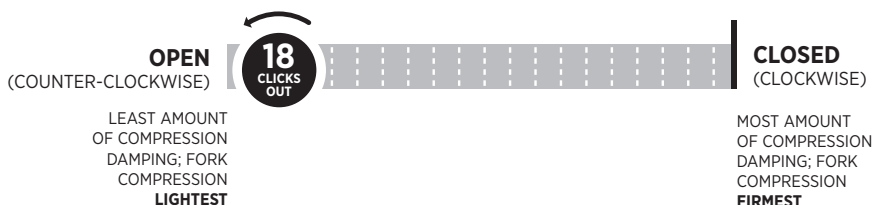
#### OPEN MODE ADJUST

*\*Factory Series and Performance Elite Series forks only*

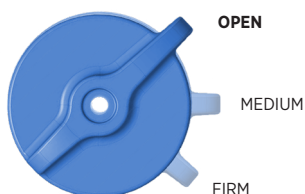
**\*OPEN mode adjust** is useful to control fork performance under rider weight shifts, G-outs, and slow inputs.

OPEN mode adjust provides 22 additional fine tuning adjustments for the OPEN mode.

Setting 18 will have a more plush feel and setting 1 will have a firmer feel.



### GRIP COMPRESSION ADJUST



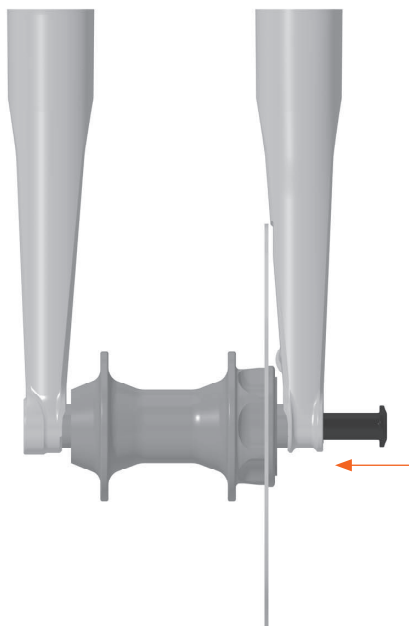
The **3-Position Micro Adjust** lever is useful to make on-the-fly adjustments to control fork performance. Use the positions between the OPEN, MEDIUM, and FIRM modes to fine-tune your compression damping.

The **2-Position Sweep Adjust (32 Rhythm forks only)** lever is useful to make on-the-fly adjustments to control fork performance. Use the positions between OPEN and FIRM modes to fine-tune your compression damping.



## KABOLT INSTALLATION

1. Install the front wheel into the fork dropouts. Slide the 12 x 100 Kabolt Axle through the non-drive side dropout and hub.
2. Use a 5 mm hex wrench to torque the Kabolt axle clockwise to the torque specification that is etched on the head of the Kabolt.



**WARNING:** Failure to secure the axle properly can cause the wheel to become detached from the bicycle, resulting in **SERIOUS INJURY OR DEATH**.

## ADDITIONAL TUNING OPTIONS

### CLIP-ON VOLUME SPACERS

Changing volume spacers in the 32 TC fork 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.

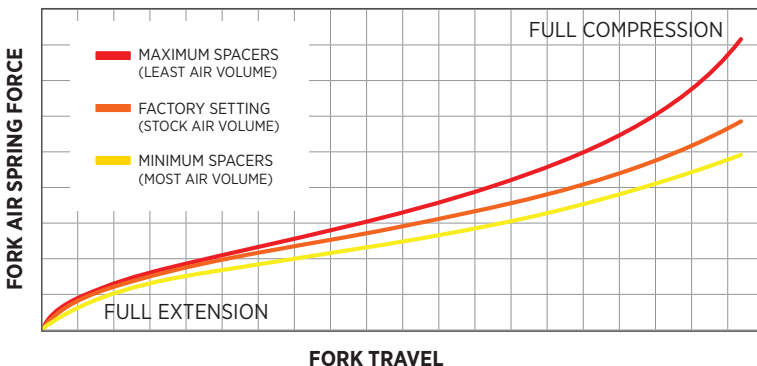
If you have set your sag correctly and are not using full travel, then you could remove one or more spacers to decrease bottom out resistance.

Installation procedure and tuning options are available online at:  
[ridefox.com/ownersmanuals](http://ridefox.com/ownersmanuals)

32 TC Volume Spacer Configurations		
Travel	Volume Spacers Factory Installed	*Max Volume Spacers
50 mm	2	4
40 mm	3	4

**!** \*Do not exceed the Max Volume Spacers number, as this can damage your fork.

### TYPICAL AIR SPRING CURVES





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