

# Fox Propedal RL Shock Manual



## Fox Propedal RL Shock Manual: Understanding and Optimizing Your Suspension

The Fox Propedal RL shock is a highly regarded component in the mountain biking community, known for its performance and versatility. This article serves as a comprehensive manual for the Fox Propedal RL shock, detailing its features, adjustments, maintenance, and troubleshooting tips, ensuring that you get the most out of your suspension system.

## Overview of the Fox Propedal RL Shock

The Fox Propedal RL shock is designed to provide a balance of performance, efficiency, and reliability. This shock is particularly popular among cross-country and trail riders due to its lightweight construction and effective damping system.

## Key Features

1. Propedal Technology: This feature minimizes pedal-induced motion, allowing for better power transfer while still providing adequate cushioning for bumps and rough terrain.
2. Rebound Adjustments: Users can fine-tune the rebound speed to suit their riding style and terrain conditions, ensuring that the rear wheel returns to the ground promptly after compressing.
3. Lockout Function: The lockout feature can be engaged for climbing, preventing the shock from compressing and maximizing efficiency.
4. Custom Tuning Options: The shock can be tuned to suit specific rider weights and riding styles through various air pressures and damping settings.
5. Durability: Built with high-quality materials, the Fox Propedal RL shock is designed to withstand the rigors of mountain biking.

## Installation of the Fox Propedal RL Shock

Installing your Fox Propedal RL shock is a critical step in ensuring optimal performance. Below are the steps to guide you through the installation process.

### Tools Required

- 5mm and 6mm Allen wrenches
- Torque wrench
- Shock pump
- Cleaning cloth

### Step-by-Step Installation

1. Preparation:
  - Ensure your bike is on a stable work stand.
  - Remove the old shock if applicable, paying attention to the mounting hardware.
2. Clean the Area:
  - Wipe down the shock mount locations on the frame to prevent dirt from entering the new shock.
3. Install the New Shock:
  - Align the shock in the mounting point on the bike frame.
  - Insert the mounting hardware and ensure it is seated properly.
4. Torque the Bolts:
  - Using a torque wrench, tighten the bolts to the manufacturer's specified torque settings. This information can typically be found in your bike's manual.

#### 5. Adjust Air Pressure:

- Use a shock pump to set the appropriate air pressure according to your weight and riding style.

#### 6. Recheck Installation:

- Double-check all bolts and ensure everything is secure before taking your bike for a test ride.

## **Adjustments for Optimal Performance**

To maximize the performance of your Fox Propedal RL shock, a few adjustments can be made. These changes will help tailor the shock's performance to your specific riding style and terrain.

### **Setting the Air Pressure**

- **Weight Considerations:** The recommended air pressure depends on the rider's weight. As a general guideline:
  - 120-140 lbs: 50-75 psi
  - 140-160 lbs: 75-100 psi
  - 160-180 lbs: 100-120 psi
  - 180-200 lbs: 120-140 psi
- **Testing:** After setting the air pressure, take a test ride to ensure the shock provides adequate support without bottoming out or feeling overly stiff.

### **Adjusting Rebound Settings**

- **Faster Rebound:** If you find the rear wheel is not returning quickly enough after a bump, increase the rebound setting.
- **Slower Rebound:** Conversely, if the rear wheel feels too bouncy, decrease the rebound setting.

### **Using the Lockout Feature**

- Engage the lockout function during climbs or on smooth terrain to improve efficiency.
- Ensure to disengage the lockout when descending or on technical trails to benefit from the shock's full range of motion.

## **Maintenance of the Fox Propedal RL Shock**

Regular maintenance of your Fox Propedal RL shock is essential for performance and

longevity. Here are key maintenance tasks to consider:

## **Routine Inspection**

- Visual Check: Inspect the shock for any signs of oil leakage or damage.
- Clean the Shock: Wipe down the shock body with a clean cloth to remove dirt and debris.

## **Annual Service**

- Oil Change: Depending on usage, it is advisable to change the oil annually.
- Seal Replacement: Inspect and replace seals as needed to prevent leaks and maintain performance.

## **Professional Service**

For more complex issues or if you are unsure about any maintenance tasks, consider taking your shock to a professional bike shop that specializes in suspension services.

## **Troubleshooting Common Issues**

Despite careful maintenance, you may encounter some common issues with the Fox Propedal RL shock. Below are troubleshooting tips for resolving these problems.

### **Problem: Shock Bottoming Out**

- Cause: Insufficient air pressure or too soft a spring rate.
- Solution: Increase the air pressure and test ride again.

### **Problem: Excessive Bouncing**

- Cause: Too much rebound damping or too high air pressure.
- Solution: Decrease the rebound setting and/or lower the air pressure.

### **Problem: Oil Leak**

- Cause: Worn seals or damaged shock body.
- Solution: Inspect seals and replace them, or take the shock to a professional for

servicing.

## Conclusion

The Fox Propedal RL shock manual has equipped you with the knowledge to install, adjust, maintain, and troubleshoot your shock. By understanding the intricacies of your suspension system, you can enhance your riding experience, ensuring a smoother and more controlled ride on various terrains. Regular maintenance and appropriate adjustments tailored to your riding style will keep your Fox Propedal RL shock performing at its best for years to come. Whether you are a novice or an experienced mountain biker, mastering your suspension will undoubtedly contribute to your overall performance and enjoyment on the trails.

## Frequently Asked Questions

### **What is the purpose of the Fox ProPedal RL shock?**

The Fox ProPedal RL shock is designed to provide adjustable damping for mountain bikes, allowing riders to optimize their suspension performance for different terrains and riding styles.

### **How do I adjust the compression settings on my Fox ProPedal RL shock?**

To adjust the compression settings on your Fox ProPedal RL shock, locate the compression adjustment knob on the shock body and turn it clockwise to increase compression damping or counterclockwise to decrease it.

### **What does RL stand for in Fox ProPedal RL shock?**

RL stands for 'Rebound and Lockout,' indicating that this shock features adjustable rebound damping and a lockout function for improved efficiency during climbs.

### **How often should I service my Fox ProPedal RL shock?**

It is recommended to service your Fox ProPedal RL shock at least once a year or every 50-100 hours of riding, depending on usage and environmental conditions, to maintain optimal performance.

### **Where can I find the manual for my Fox ProPedal RL shock?**

The manual for your Fox ProPedal RL shock can typically be found on the official Fox Racing Shox website under the 'Support' or 'Downloads' section, or you can contact your local bike shop for assistance.

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Unlock the full potential of your ride with the Fox Propedal RL shock manual. Discover how to optimize performance and maintenance for an unbeatable experience!

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