

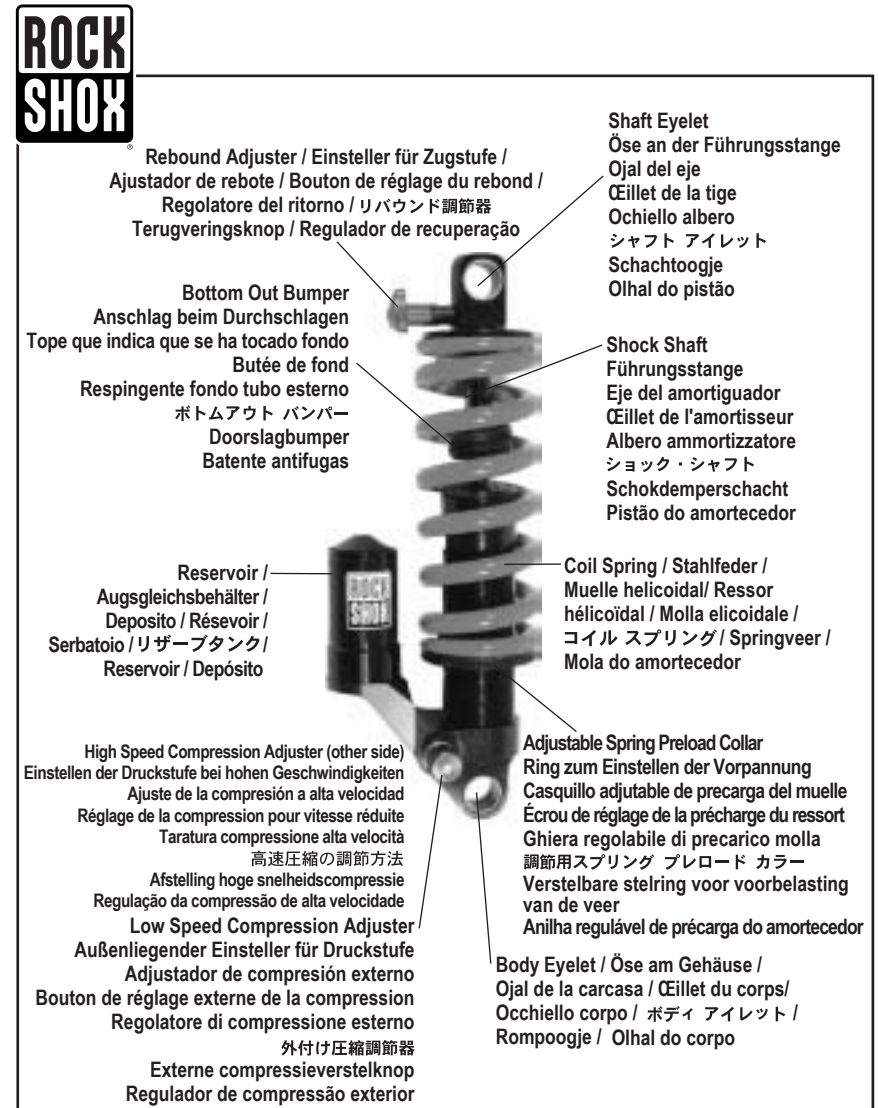
2003

PRO
deluxe

OWNER'S MANUAL



Congratulations! You have the best in suspension components on your bicycle! This manual contains important information about the safe operation and maintenance of your shock. To ensure that your RockShox shock performs properly, we recommend that you have your shock installed by a qualified bicycle mechanic. We also urge you to follow our recommendations to help make your bicycling experience more enjoyable and trouble-free.



NOTE: YOUR SHOCK'S APPEARANCE MAY VARY FROM THE ILLUSTRATIONS/PHOTOS IN THIS MANUAL.

FOR THE LATEST INFORMATION ABOUT YOUR FORK VISIT OUR WEBSITE AT WWW.ROCKSHOX.COM.

I M P O R T A N T

Consumer Safety Information

RIDING A BIKE IS DANGEROUS. NOT PROPERLY MAINTAINING OR INSPECTING YOUR BIKE IS EVEN MORE DANGEROUS. IT'S ALSO DANGEROUS NOT TO READ THESE INSTRUCTIONS.

1. Before riding the bicycle, be sure the brakes are properly installed and adjusted. If the brakes don't work properly, the rider could suffer serious and/or fatal injuries.
2. If the shock ever loses oil or if it makes sounds of excessive topping out, stop riding the bicycle immediately and have the shock inspected by a dealer or call RockShox. Continuing to ride with the shock in either of these conditions could result in loss of control of the bicycle with possible serious and/or fatal injuries.
3. Always use genuine RockShox parts. Use of after-market replacement parts voids the warranty and could cause structural failure to the shock. Structural failure could result in loss of control of the bicycle with possible serious and/or fatal injuries.

INSTALLATION

It is extremely important that your RockShox rear shock is installed correctly by a qualified bicycle mechanic with proper tools. Consult your bicycle manufacturer's instructions for proper installation of your shock.



W A R N I N G

IMPROPERLY INSTALLED REAR SHOCKS CAN BE EXTREMELY DANGEROUS AND MAY RESULT IN SEVERE AND/OR FATAL INJURIES.

PERFORMANCE TUNING

Pro Deluxe shocks can be tuned to your particular weight, riding style, and terrain. Pro Deluxe is set up for the 140 to 180lb (65 to 80kg), all-around rider who spends time riding every off-road terrain imaginable. If you are not that rider, you can benefit by making tuning adjustments to suit your specific needs. For maximum tuning flexibility spring tuning kits are available.

When tuning suspension, always make one change at a time and write it down. This takes patience, but allows you to understand how each change affects your ride. Keeping a record lets you know what changes you have tried that work and suggests what changes you might try.

Initial Tuning Setup

Before you ride your bike and tune the shock for your personal riding style, ensure the shock adjustments are as follows:

- Spring Preload - 0 turns of preload
- Rebound (Red Knob) - 3/4 turn counterclockwise from closed
- Low Speed Compression (Blue Knob) - 1-1/2 turns counterclockwise from closed
- High Speed Compression (Gold Knob) - 3/4 turn counterclockwise from closed

Ride Height Adjustment (Sag) (Step 1)

Check your bicycle manufacturer's recommendations for suspension sag or ride height. Sag is the amount of shock travel that is used up as the rider sits stationary on the bike. Proper sag determines the bike's ride height and is taken in conjunction with the front fork. This sag allows maximum tire contact with the ground when riding over rough and uneven terrain.

1. To adjust the sag, turn the threaded spring collar away from the spring and stop turning just as the spring feels loose in the shock. This is zero pre-load.
2. Without sitting on the bike, measure the distance from the floor to the stem (front height) and floor to the seat (rear height). Write them down.
3. Then with a friend holding you while you sit in normal riding position on the bike, measure those same distances. The difference between the two measurements is your sag.
4. To start, the sag for the front and rear should be the same.
5. If the suspension sag is less than your bike manufacturer's recommendations, a softer spring rate is required. If the sag is greater than recommended, then turn the threaded collar to decrease the sag until it is correct. Use a stiffer spring rate if you reach the 2.5 turn limit. Do not exceed 2.5 turns of the threaded collar.

IMPORTANT: DO NOT EXCEED 2.5 FULL TURNS OF THE THREADED SPRING COLLAR FROM ZERO PRELOAD. TOO MUCH SPRING PRELOAD ON A SOFT SPRING WILL CAUSE THE SPRING TO FAIL.

6. To change the spring rate follow the instructions below to remove the spring:
 - a. Remove the shock from the bicycle.
 - b. Clean the shock body threads.
 - c. Remove the mounting hardware from the side of the shock where the spring preload collar is located.
 - d. Unthread the spring preload collar from the shock body.
 - e. Remove the spring and replace it with a with a softer or firmer rated coil spring.
 - f. Thread the spring preload collar on the shock body and re-install the mounting hardware.
- NOTE:** GREASE THE MOUNTING HARDWARE BEFORE REINSTALLING IT ON THE SHOCK.
- g. Set the spring preload (see "Ride Height and Spring Preload Adjustment").

Rebound Damping Adjustment (Step 2)

The shock includes a red rebound damping adjustment knob. Rebound is the extension or return stroke of the shock. Rebound damping adjustment allows you to control the rate at which the shock extends after it is compressed. The shock's rebound is quickest when the adjustment knob is in the full counterclockwise position. Rebound is slowest when the adjustment knob is in the full clockwise position.

SETTING REBOUND

When you are setting rebound, a good starting point is the "curb" test. Be sure this is done after you set up your sag.

1. Set your rebound adjuster fully counterclockwise.
2. Ride the bike off the curb sitting in the saddle and count the number of times the shock bounces before returning to nominal sag. You want to achieve one bounce.
3. Turn the rebound adjuster a quarter turn clockwise and ride off the curb again. Continue to do this until one bounce is achieved.
4. Record the number of turns from the fully closed (full clockwise) position.

SYMPTOMS OF TOO MUCH REBOUND DAMPING

Slow shock return, where the shock feels good through the first few bumps and gets harder as you continue, means there is too much rebound. In addition, while braking, the rear wheel will tend to skip over the bumps. To adjust it for more consistency and better braking, turn the rebound knob a quarter turn counterclockwise and test it again.

SYMPTOMS OF TOO LITTLE REBOUND DAMPING

Too little rebound is when the shock returns too fast and the bike seems to want to buck you off or the rear wheel skips out. Turn the rebound knob a quarter turn clockwise to slow the rebound down for more consistency and better braking through the bumps.

Compression Damping Adjustment (Step 3)

The Pro Deluxe BlackBox DH includes both high and low speed compression damping adjustment knobs. Standard Pro Deluxe comes equipped with a low speed compression damping adjustment only. The blue low speed compression knob adds or removes compression damping at low speeds. There are 2.5 turns of low speed compression adjustment. The gold high speed compression adjustment on the opposite side of the shock adds or removes compression damping at high speeds. There are 1.75 turns of high speed compression adjustment. Use the "Initial Tuning Setup" as a starting point.

LOW SPEED COMPRESSION TUNING

The low speed compression is designed to aid in the pedaling efficiency of your bicycle. By turning the blue knob clockwise, the shock will allow you to climb and sprint without suspension bob. The shock will still absorb medium to high-speed impacts. Make small adjustments at a time and write them down.

HIGH SPEED COMPRESSION TUNING (BLACK BOX DH ONLY)

The high speed compression adjustment (gold knob) is designed to assist the bike and spring from bottoming out. Once you have the sag set correctly for your weight and riding style start adjusting the high speed compression. Ride a trail you are familiar with, pay attention to how often the shock bottoms out on jump and drop-off landings. If you feel the shock bottom out hard, turn the high speed adjustment clockwise an eighth of a turn. Repeat the test and write down your settings. If you never feel the shock bottom out turn the adjuster counterclockwise an eighth of a turn. Make small adjustments at a time.

NOTE: NEITHER COMPRESSION ADJUSTMENTS ARE DESIGNED TO TAKE THE PLACE OF A LOW SPRING RATE. THEY ARE ALSO NOT DESIGNED TO BE CONTINUALLY RIDDEN IN THE CLOSED (CLOCKWISE) POSITION. IF EITHER ONE OF THE COMPRESSION ADJUSTMENTS NEEDS TO BE IN THE CLOSED POSITION FOR THE BIKE TO OPERATE TO YOUR PERSONAL PREFERENCE, THE SHOCK REQUIRES INTERNAL DAMPING MODIFICATIONS OR A STIFFER SPRING RATE.

Advanced Tuning Hints

- Typically, sag is 15 percent of all available wheel travel for cross country and 25 percent for downhill.
- Aggressive riding or rough terrain may warrant a higher spring rate.
- Faster, more responsive steering can be achieved by decreasing the sag at the rear of the bike (increases head angle).
- Slower and more stable steering can be achieved by increasing the sag at the rear of the bike (decreases head angle).
- To optimize the rebound for downhill riding, do a washboard test. Use a typical ride that has washboard or braking bumps. Go through the washboard or braking bumps a couple times to feel for consistency through the bumps. The rebound is just right when the wheel follows each bump and feels smooth throughout. The first bump should be as smooth as the last bump.

MAINTENANCE

After Every 8 Hours of Riding

- Clean your shock with mild soap and a toothbrush.
- Keep the shaft and body threads clean and lubricated.
- Keep mounting hardware clean and lubricated.
- Refer to bicycle's owner's manual for correct mounting hardware torque values. Also be sure to verify that your shock's mounting hardware is properly torqued (60 in-lb).

IMPORTANT: OVER-TORQUED MOUNTING HARDWARE WILL CAUSE THE SHOCK TO BIND AND MALFUNCTION. UNDER-TORQUED MOUNTING HARDWARE WILL DAMAGE FRAME, HARDWARE, AND SHOCK.

After every 20 hours of riding

Remove, clean, and grease mounting hardware.

IMPORTANT: NEVER USE A HIGH-POWERED WASHER TO CLEAN THE SHOCK.

SERVICE

Your rear shock should be fully serviced every year by a qualified mechanic with proper tools. Contact your local RockShox dealer, RockShox Technical Service, or the nearest distributor (see the International Distributor List). Read the Warranty section for further warranty repair and contact information.

WARRANTY

RockShox, Inc. warrants its products for a period of two years from original date of purchase to be free from defects in materials or workmanship. RockShox USA, or an authorized RockShox Agent must inspect all RockShox products. If a product is found by RockShox or its authorized agent to be defective in materials or workmanship, replacement or repair is at the option of RockShox. This warranty is the sole and exclusive remedy. RockShox shall not be held liable for any indirect, special, or consequential damages.

Exclusions of Warranty

This warranty does not apply to products which have not been properly installed and adjusted according to RockShox installation instructions. The warranty does not cover any product that has been subject to misuse or whose serial number has been altered, defaced or removed. This warranty does not apply to damage to the product caused by a crash, impact, abuse of the product, non-compliance with manufacturer's specifications, or any other circumstances in which the product has been subjected to forces or loads beyond its design. This warranty does not cover paint damage or modifications to the product.

Original proof of purchase is required. Warranty repair/replacement is only valid upon presentation of proof of purchase, directly submitted to RockShox at the time of warranty evaluation. Warranty repair or replacement is at the discretion of RockShox or its authorized agent, upon physical product evaluation and proof of purchase.

This warranty does not include or cover common 'wear and tear' parts which are subject to damage as a result of normal use, failure to service product according to RockShox recommendations, wet conditions, racing, use of disc brakes, rider weight, riding or installation in conditions or applications other than recommended.

'Wear and Tear' parts are identified as: External dust seals, bushings, foam rings, rubber moving parts (such as air sealing o-rings and glide rings), stripped threaded shafts or bolts, upper tubes (stanchions), rear shock mounting hardware and springs, and fork drop outs.

Pioneer Support Program

In the event parts are unavailable at the time of your repair, at the option of RockShox or its authorized agent, a replacement fork may be provided at a determined discount price.

Warranty Expenses Incurred

The RockShox warranty policy excludes expenses incurred as a result of transportation of product from a RockShox dealer to RockShox USA, or its authorized distributor, labor performed by a RockShox dealer for removal of RockShox product, or warranty repair work performed by a RockShox dealer. Warranty work performed by a RockShox dealer is voluntary.

Warranty Repair

If for any reason it should be necessary to have warranty work done, return the product to a RockShox dealer. In the USA, dealers are required to call for a Return Authorization number (RA#) prior to returning product. Outside the USA, dealers are required to call an authorized RockShox Distributor.

For more technical information, visit our website at www.rockshox.com. For toll-free technical support in the USA, call 1.800.677.7177. Dealers outside the USA must contact their local dealer or distributor. For a complete list of Authorized Distributors outside the USA, visit www.rockshox.com.

INTERNATIONAL DISTRIBUTOR LIST

Argentina

Broni S.A.
Phone: 54 11 4292 3000
FAX: 54 11 4292 4453
J.J. PASO 1260, (1832) LOMAS DE
ZAMORA, BUENOS AIRES

Australia

Steve Cramer Products
Phone: 61 3 9587 1466
FAX: 61 3 9587 2018
39 INDUSTRIAL DRIVE BRAESIDE,
VICTORIA 3192

Austria

Barisitz-Austria
Phone: 43 0 5223 46444
FAX: 43 0 5223 46444-14
A-6060 Mils
Gewerbepark 12

Belgium

Vertex Cycle Systems BV
Phone: 31 23 57 18184
FAX: 31 23 57 18606
FLEMINGSTRAAT 100A, 2041 VL
ZANDVOORT
HOLLAND

Brunei

Trekology Bikes 3
Phone: 65 466 2673
FAX: 65 466 7610
24 HOLLAND GROVE ROAD, SINGAPORE,
1545

Bulgaria

Ultrasport
Phone: 3592 44 7042
FAX: 3592 943 3445
18, IVAN ASSEN STR.
1000 SOFIA
BULGARIA

Bulgaria

X Sports
Phone: 359 2 981 8852
FAX: 359 2 981 8852
4 BACHO KIRO STR.
1000 SOFIA
BULGARIA

Brazil

Pedal Power
Phone: 55 11 3845 6997
FAX: 55 11 3845 6377
R. GOMES De CARVALHO 541
SAO PAULO SO
04547002

Canada

Cycles Lambert
Phone: 800 463-4452 (Quebec)
FAX: 800 461 1685
100 Rue des Riveurs
LEVIS, QUEBEC
G6V 9G3

Chile

Bicicletas Belda Limitada
Phone: 56 32 881799
FAX: 56 32 978799
14 NORTE 1001
VINA DEL MAR

Columbia

Sanlago Bolero Rincon
Phone: 6-8811301
CARRERA 23 #55-37
MANIZALES, CALDAS

Costa Rica

Inversiones Y Sistemas Garvi
Phone: 506 296 3383
FAX: 506 289 7013
P.O. BOX 1776151
SANTA ANA, 2000

Croatia

Ciklo-Centar
Phone: 385 1 234 22 24
FAX: 385 1 234 34 22
JURJA VES 30A
10000 ZAGREB

Czech Republic

Vanek Praha
Phone: 42 0 312 698 1889
FAX: 42 0 312 698 025
CERRENY UJEZD 185, UNHOST, 27351

Denmark

Duell A/S
Phone: 45 86 36 7800
FAX: 45 86 36 7377
MOLLERUPVEJ 3, TAASTRUP, 8410 RONDE

Ecuador

Deporte Extremo S.A.
Phone: 593 2 224-8737
FAX: 593 2 225-3691
AV DE DICIEMBRE 6327, ENTRE LOUVRE Y
TOMAS DE, BERLANGA.LOCAL #3, QUITO

Estonia

Hawaii Express
Phone: 372 6 398 508
FAX: 372 6 398 566
REGATI 1, 5K-102, TALLINN, 11911, Estonia

Estonia

Estonian Unidream
Phone: 372 636 7470
Fax: 372 636 7470
Paavli 2A, Tallinn
EE0004, Estonia

Finland

Hallman Sports Oy
Puutarhakatu 19 A
FIN-20100 Turku
FINLAND
Tel +358-20-155 0800
Fax +358-20-155 0801

France

Royal Velo France
Phone: 33 325 40 39 39
Fax: 33 325 40 69 50
4 RUE DES AZALEES, P.A. SUD-
CHAMPANGE
ST THIBAUT, 10800

Germany

Sport Import GmbH
Phone: 49 44 05 9280 0
FAX: 49 44 05 9280 49
INDUSTRIESTRASSE 41 B, EDEWECHT,
26188

Greece

Gatsoulis Stefanos Imports
Phone: 30 12512 779
FAX: 30 12533 960
8 THESSALONIKIS STREET, NEW
FILADELFIA, ATHENS, T.T. 14342

Greece

NIKOS MANIATOPOULOS
Phone: 30 610-990424
FAX: 30 61-993045
AG. VASSILIOS
PATRAS 265 00

Guatemala

Bike Center
Phone: 502 366 7709
FAX: 502 363 3918
18 CALLE 7-48, ZONA 10, GUATEMALA

Holland

Vertex Cycle Systems BV
Phone: 31 23 57 18184
FAX: 31 23 57 18606
FLEMINGSTRAAT 100A, 2041 VL
ZANDVOORT
HOLLAND

Hong Kong

Flying Ball Bicycle Company
Phone: 852 23813661
FAX: 852 23974406
201 TUNG CHOI ST. G/F, MONGKOK
KOWLOON

Hungary

Prokero Ltd Co.
Phone: 361 331 3184
FAX: 361 331 3184
KALMAN IMRE UTCA 23, BUDAPEST, 1054

Iceland

Ominn Hjol Ltd
Phone: 354 588 9892
FAX: 354 588 9896
SKEIFAN 11, P.O. BOX 8036, REYKJAVIK

Indoenisa

Trekology Bikes 3
Phone: 65 466 2673
FAX: 65 466 7610
24 HOLLAND GROVE ROAD, SINGAPORE,
1545

Ireland

Madison
Phone: 44 20 8385 3385
Fax: 44 20 8385 3443
BUCKINGHAME HOUSE EAST, THE
BROADWAY
STANMORE, MIDDLESEX HA7 4EA
UNITED KINGDOM

Israel

Becidan Cycles
Phone: 972 9 954 9165
FAX: 972 9 954 9165
92 SOKOLOV HERZELYA

Italy

Motorquality
Phone: 39 02 24 951 1
FAX: 39 02 24 951 228
20099 SESTO S. GIOVANNI, (MI) I VIA
VENEZIA, (ANG. VIA CARDUCCI), MILANO

Japan

Yoshigai Corporation
Phone: 81 6 4309 2530
FAX: 81 6 4309 2532
74-3 Nagata-Higashi,
Higashi-Osaka, Japan

Korea

OD Bike Inc.
Phone: 82 2 474 0818
Fax: 82 2 474 0656
3F 379-20 SUNGNAE-DONG, KANGDONG-
KU, SEOUL, 134-030

Latvia

Veloserviss
Phone: 371 750 1292
Fax: 371 750 1298
1/1 HAPSALAS ST., RIGA, LV-1005

Luxembourg

Vertex Cycle Systems BV
Phone: 31 23 57 18184
FAX: 31 23 57 18606
FLEMINGSTRAAT 100A, 2041 VL
ZANDVOORT
HOLLAND

Malaysia

Gin Huat Cycle Trading
Phone: 603 6189 1663
FAX: 603 6189 1662
8, JALAN INDUSTRI BATU CAVES ½
TAMAN PERINDUSTRIAN BATU CAVES
68100 BATU CAVES
SELANGOR DARUL EHSAN

Mexico

Tekno Bike & Outdoor Prod.
Phone: 52 8 343 1550
FAX: 52 8 343 1275
Porfirio Diaz #469
Col Centro CP 6400
Monterey, NL Mexico

New Zealand

W.H. Whorral & Co. Ltd.
Phone: 64 9 63 6 06 41
FAX: 64 9 63 6 06 31
43 FELIX ST
PENROSE, AUCKLAND

Norway

Cycle Pro
Phone: 46 18 56 16 00
FAX: 46 18 50 03 22
HALLNAGATAN 8, S-75228 UPPSALA,
SWEDEN

Panama

Distribuidora Rali S.A.
Phone: 507 220-3844
FAX: 507 220-5303
VIA ESPANS EDIFICA CARCEP, P.O. BOX
87-0852, PANAMA 7

Peru

Rojo Sports
Phone: 511 447 0838
FAX: 511 447 0838
AV. REPUBLICA DE, PANAMA 6513, LIMA 33

Philipenes

Bent Spoke
Phone: 63 919-295-0928
FAX: 63 919-295-0928
64-D MAYSILLO ST.
MANDALUYONG CITY

Poland

R & P Pawlak
Phone: 48-61-875 8032
FAX: 48-61-878 7266
Ul. Stralecka 18
61-361 Poznan

Portugal

Bicimax
Phone: 351 244 553276
FAX: 351 244 553187
APARTADO 34, 2431 MARINHA GRANDE

Russia

Sportex
Phone: 7095 288 4524
FAX: 7095 288 6888
KUDRINSKAYA PL., 1., P.O.BOX 33,
MOSCOW, 123242

Russia

Velomir
Phone: 7 095 237 8682
FAX: 7 095 237 8463
113093 LUSINOVSKAYA 53/12
MOSCOW, 113096
RUSSIA

St. Maarten

Tri-Sport International
Phone: 5995 43462
FAX: 5995 43928
8 AIRPORT BOULEVARD, SIMPSON BAY,
NAMIBIA

Singapore

Trekology Bikes 3
Phone: 65 466 2673
FAX: 65 466 7610
24 HOLLAND GROVE ROAD, SINGAPORE,
1545

Slovak Republic

Paul Lange Oslany
Phone: 42 1 862 5492 344
FAX: 42 1 862 5492 350
MIEROVA 854/37 OSLANY, 97247 SLOVAKIA

Slovenia

Proloco Trade
Phone: 386 64 380 200
FAX: 386 64 380 2022
ENOTA KRANJ, BRITOF 96A, 4000 KRANJ

Spain

K. Motor Dealer S.L.
Phone: 34 9 1 637 70 97
FAX: 34 9 1 637 72 64
PARQUE INDUSTRIAL, EUROPOLIS
EDIFICIO BRUSELA, BLOQUE 4, NAVE 1,
LAS ROZAS (MADRID), N/A, 28230

Sweden

Hallman Sports
Phone: 46 18 56 16 00
FAX: 46 18 50 03 22
HALLNAGATAN 8, S-75228 UPPSALA

Switzerland

Cilo Bike Service SA
Phone: 41 21 641 63 30
FAX: 41 21 641 63 82
CH. DE L'ORIO 30 A, CASE POSTALE 64,
CH- 1032 ROMANEL S. LAUSANNE

Taiwan

Biketech Co. Ltd.
Phone: 886 22 694 5806
FAX: 886 22 694 6133
NO. 14 FU TEH 1 ROAD, 392 LANE, 37
ALLEY HSICHIH, TAIPEI HSIEN, TAIWAN,
R.O.C.

Thailand

Probike Co. Ltd.
Phone: 662 254 1077
FAX: 662 254 1078
237/2 SARASIN ROAD, LUMPINNEE,
PATUMWAN, BANGKOK, 10330

United Kingdom

Madison
Phone: 44 20 8385 3385
Fax: 44 20 8385 3443
BUCKINGHAME HOUSE EAST, THE
BROADWAY
STANMORE, MIDDLESEX HA7 4EA
UNITED KINGDOM

Venezuela

Bike Sports
Phone: 582 751 9709
FAX: 582 753 5071
CENTRO COMERCIAL IBARRA, PLANTA
BAJA, LOCAL 3-A CALLE GARCILAZO,
COLINAS DE BELLO, O, CARACAS

950-006926-00

Rev.A01



**1610 Garden of the Gods
Colorado Spring, CO 80907**

IMBA Rules of the Trail

Ride on open trails only
Leave no trace
Control your bicycle
Always yield trail
Never spook animals
Plan ahead