

TWISTED COGS

BICYCLE REPAIR - YORK

www.twistedcogs.co.uk

01904 849180 email: info@twistedcogs.co.uk

Home Farm Buildings, Main Street, Bishopthorpe, York YO23 2RA.

 /twistedcogs  /twistedcogs



SUSPENSION SERVICE INTERVALS



Air Spring Forks (All 32, 34, 36 FLOAT, TALAS, and DRCV)

SERVICE ITEM	NEW	EACH RIDE/RACE	EVERY 30 HOURS	EVERY 100 HOURS
SET SAG	•			
CHECK SAG; RESET IF NECESSARY		•		
SET DAMPING ADJUSTMENTS	•			
CLEAN SHOCK EXTERIOR WITH MILD SOAP AND WATER ONLY; WIPE DRY WITH SOFT TOWEL		•		
INSPECT DROPOUT THICKNESS (9MM)			•	
INSPECT BUSHINGS			•	
CHANGE OIL IN LOWER LEGS (VISIT THE FOXHELP SERVICE SITE FOR MORE SERVICE PROCEDURES INFORMATION)			•	
CHANGE FLOAT FLUID IN AIR CHAMBER OF FLOAT FORKS			•	
CHANGE FLOAT FLUID IN AIR CHAMBER TALAS AND DRCV FORKS				•
SERVICE DAMPER: 32, 34, AND 36 FIT; OPEN CARTRIDGE (OC) AND TERRALOGIC®				•

Rear Shocks

SERVICE ITEM	NEW	EACH RIDE/RACE	EVERY 30 HOURS	EVERY 100 HOURS
SET SAG	•			
CHECK SAG; RESET IF NECESSARY		•		
SET DAMPING ADJUSTMENTS	•			
CLEAN SHOCK EXTERIOR WITH MILD SOAP AND WATER ONLY; WIPE DRY WITH SOFT TOWEL		•		
AIR SLEEVE MAINTENANCE (FLOAT & DHX AIR SHOCKS)			•	
CLEAN AND INSPECT BUSHINGS & REDUCERS			•	
SUSPENSION FLUID SERVICE (MUST BE PERFORMED BY FOX RACING SHOX OR AUTHORIZED SERVICE CENTER)				•

SRAM



**50
HOURS**

ROCKSHOX®

FORKS

Lower Leg Service for:

SID
Reba
Recon
30
XC 30
XC 28
Sektor
Revelation
Pike
Yari
Lyrik
BoXXer
Paragon
Bluto

REAR SHOCKS

Air Can Service:

Deluxe
Super Deluxe
Monarch
Monarch Plus
Vivid
Vivid Air
Kage

SEATPOSTS

Lower Tube Service and Remote Lever Bleed for:

Reverb A1/A2/B1
Reverb Stealth A1/A2/B1

**100
HOURS**

ROCKSHOX®

FORKS

Damper and Spring Service for:

SID (2016 and earlier)
Reba (2016 and earlier)
Bluto (2016 and earlier)
Recon (2015 and earlier)
Revelation
30 (2015 and earlier)
XC 30
XC 28
Sektor (2015 and earlier)
BoXXer
Lyrik
Yari
REAR

REAR SHOCKS

Damper and Air Can Service for:

Monarch
Monarch Plus
Vivid
Vivid Air
Kage

**200
HOURS**

ROCKSHOX®

FORKS

Damper and Spring Service for:

SID (2017+)
Reba (2017+)
RS-1
30 (2016+)
Recon (2016+)
Sektor (2016+)
Pike
Bluto (2017+)
Paragon

REAR SHOCKS

Damper and Air Can Service for:

Deluxe
Super Deluxe

SEATPOSTS

Service and Complete Remote System Bleed for:

Reverb B1
Reverb Stealth B1

Complete Seatpost Service for:

Reverb A1/A2
Reverb Stealth A1/A2

**400
HOURS**

ROCKSHOX®

SEATPOSTS

Complete Seatpost Service for:

Reverb B1
Reverb Stealth B1

**365
DAYS**

SRAM®

BRAKES

System bleed recommended once per year or as needed. Lever and Caliper Service as needed.

SERVICE INTERVALS

Performing the right maintenance on your SRAM® and RockShox® products not only ensures years of worry-free riding, but will also keep performance optimal and enhance your experience on the bike. Each service interval indicates the maximum number of riding hours designated for each type of recommended maintenance. Depending on the terrain and environmental conditions in your location, your riding style and skill level, you may see more optimum performance if you service your SRAM® and RockShox® products at shorter intervals.

SRAM



Twisted Cogs can service all brands of suspension products (Öhlins, DVO, Marzocchi, BOS, Cane Creek, SR Suntour, KS)
Contact us for more information about recommended servicing intervals