




### SET-UP NOTES

- Recommended setup is based off of 20-30% sag for the given rider weight. Consult frame manufacture for further specific sag measurement. For sag measurement procedure watch this [SAG SET-UP VIDEO](#) 
- Max pressure not to exceed 350 psi.
- Further adjust pressure based on performance.
- Shock should be UNWEIGHTED when adjusting air pressure.
- Baseline setting is recommended setting for average terrain.

- Mara Gen 2 Balance Groove shocks use air cans with Balance Groove Technology. This groove balances the positive and negative air pressures as the shock is cycled. Below are a few notes for setting up and servicing the shock.
- Pressure should be increased in increments of 75psi.
- With the shock pump attached cycle the shock a few times past the sag point to balance the positive and negative chambers.
- The first few cycles may feel firm / top out, this is normal until the negative is balanced.
- When the desired air pressure is achieved, cycle the shock and recheck the pressure.

Consult the **manitou technical reference** section of for additional info.

### IPA COMPRESSION ADJUSTMENT



#### DESCEND

- Plush setting
- Aggressive terrain



#### TRAIL / TECHNICAL CLIMB

- Smooth flow conditions
- Additional Support While Descending in Technical Terrain
- Berm Corners
- Moderate Platform for Absorbing Bumps Without Loss of Traction and Pedal Bob



#### CLIMB

- Firmest platform for most efficient pedaling

### REBOUND ADJUSTMENT

#### TURNING THE REBOUND KNOB CLOCKWISE WILL INCREASE THE AMOUNT OF REBOUND DAMPING ON THE SHOCK

- Rebound speed is dependent on air spring pressure. Rebound setting will vary for different rider weights and /or spring pressures, 17 clicks available. (Recommended setting for 170lbs rider is -7).
- For best performance rebound speed should be equal for front and rear wheels.
- Add rebound damping to reduce “kick” off jump lips and busy wheel activity on square edged rocks. Reduce rebound damping to improve tire traction or ground following.