



SETUP ASSISTANT

ADVENTURE
BEGINNS
HERE.

NORCO
BICYCLES

— *FLUID*^{FS} —

**FOLLOW THESE STEPS TO GET THE MOST
OUT OF YOUR NORCO FLUID FULL SUSPENSION**

SIZING

Get the right fit

SET-UP PREPARATION

To-dos before setting up your suspension

BASELINE SUSPENSION SETTINGS

Suspension settings based on your wheel size, suspension components and weight

TAILOR TO YOUR TERRAIN AND PREFERENCE

Fine tuning your Fluid for where and how you ride

1

BIKE SIZING

Ensure your bike fits. Starting point is to choose the right size frame for your height.

HEIGHT CM	142.5	145	147.5	150	152.5	155	157.5	160	162.5	165	167.5	170	172.5	175	177.5	180	182.5	185	187.5	190	192.5	
HEIGHT FT/IN	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"	
FRAME SIZES			XS				S				M				L				XL			

NOTES

If you are between sizes, we encourage you to test ride both.

Please make sure the set-up parameters are followed for both test bikes as suspension settings, bar width, seat position and resulting weight distribution will affect perception of fit. For bar width assessment and seat position, please consult the bike fit expert of your bike shop prior to test ride.

2 SET-UP PREPARATION

It's all the little stuff that adds up - don't overlook the groundwork

SETTING YOUR HANDLEBAR HEIGHT

The number of spacers under your stem affects your weight distribution on the bike and how your bike handles changes in trail grade.

Please ensure the following number of spacers are under your stem:

1x 10mm below stem

ALIGNING YOUR FORK

RS Maxle Stealth tightening procedure:

1. Install the wheel in your fork and slide the axle into the fork/hub.
2. Thread in the axle until the head of the axle sits a few millimeters away from contacting the fork leg.
3. Compress the fork a few times lightly by pushing down on the handlebar grips with your hands - fingers off the brakes.
Fingers off the brakes is key.
4. Now tighten the axle to manufacture torque spec.

Suntour Q-LOC-2 axle tightening procedure here.

1. Follow video procedure to remove and re-install wheel.
2. Install the wheel in your fork and slide the axle into the fork/hub as specified.
3. Compress the fork a few times lightly by pushing down on the handlebar grips with your hands - fingers off the brakes.
Fingers off the brakes is key.
4. Tighten the quick release per manufacturer spec.

WARNING!

Refer to Manufacturer Guidelines for specifications.

TIRE PRESSURE GUIDELINES PER RIDER WEIGHT

Tire pressure plays a major role in how your bike tracks the ground, handles under braking and behaves when you are pedaling. Please ensure you inflate your tires to the starting pressures before you move on to adjusting suspension.

Please note that these values are for a tubeless tire/rim interface. If using tubes, add 2 psi (or more) per tire depending on the nature of your trails:
smoother, with less roots/rocks = +2psi per tire;
rougher, more roots/rocks = may require more than +2 psi per tire.

If the pressures seem lower than you are used to:

The Fluid uses a higher volume 2.6" trail tire that has increased grip, provides decreased rider feedback, and improves control and comfort on the trail. This tire performs best at lower pressures than its smaller volume counterpart.

WEIGHT		TIRE PRESSURE	
		FRONT PSI	REAR PSI
100 lbs	45 kg	17	19
110 lbs	50 kg	17	19
120 lbs	54 kg	18	20
130 lbs	59 kg	18	20
140 lbs	64 kg	19	21
150 lbs	68 kg	19	21
160 lbs	73 kg	20	22
170 lbs	77 kg	20	22
180 lbs	82 kg	21	23
190 lbs	86 kg	21	23
200 lbs	91 kg	22	24
210 lbs	95 kg	22	24
220 lbs	100 kg	23	25
230 lbs	104 kg	23	25
240 lbs	109 kg	24	26

3 2019 FLUID FS 1 - 27.5"

In this section, you will be given baseline fork and shock pressures for your weight.

INFLATING METHODS FOR YOUR FORK AND SHOCK

The DebonAir air springs on your Rockshox fork and shock require a specific inflation procedure. Please refer to manufacturer guidelines here.

YOU'RE ALMOST THERE!

Final steps are to implement the baselines settings in your fork and shock.

1. Pick your rider weight line and follow across.
2. Rider weight is with riding gear and equipment most commonly worn on your rides. If using a water bladder, fill it to half the amount you usually start with on most rides.
3. Damper settings are measured in number of clicks out = number of clicks counter-clockwise starting from all the way clockwise.

WEIGHT		2019 ROCKSHOX REVELATION RC 130MM				2019 ROCKSHOX DELUXE R 190x42.5MM		
		AIR/PSI	AIR VOL	REBOUND	COMPRESSION	AIR/PSI	AIR VOL	REBOUND
100 lbs	45 kg	52	1T	11 out	Open	110	2T	8 out
110 lbs	50 kg	57	1T	11 out	Open	120	2T	8 out
120 lbs	54 kg	62	1T	10 out	Open	130	2T	8 out
130 lbs	59 kg	67	1T	10 out	Open	140	2T	7 out
140 lbs	64 kg	72	1T	9 out	Open	150	2T	7 out
150 lbs	68 kg	77	1T	9 out	Open	160	2T	7 out
160 lbs	73 kg	82	2T	8 out	Open	170	2T	6 out
170 lbs	77 kg	87	2T	8 out	Open	180	2T	6 out
180 lbs	82 kg	92	2T	8 out	Open	190	2T	6 out
190 lbs	86 kg	97	2T	7-8 out	Open	200	2T	5 out
200 lbs	91 kg	102	2T	7 out	Open	210	2T	5 out
210 lbs	95 kg	107	2T	7 out	Open	220	2T	5 out
220 lbs	100 kg	112	2T	6 out	Open	230	2T	5 out
230 lbs	104 kg	117	2T	6 out	Open	240	2T	4 out
240 lbs	109 kg	122	2T	5-6 out	Open	250	2T	4 out

3 2019 FLUID FS 1 - 29"

In this section, you will be given baseline fork and shock pressures for your weight.

INFLATING METHODS FOR YOUR FORK AND SHOCK

The DebonAir air springs on your Rockshox fork and shock require a specific inflation procedure. Please refer to manufacturer guidelines here.

YOU'RE ALMOST THERE!

Final steps are to implement the baselines settings in your fork and shock.

1. Pick your rider weight line and follow across.
2. Rider weight is with riding gear and equipment most commonly worn on your rides. If using a water bladder, fill it to half the amount you usually start with on most rides.
3. Damper settings are measured in number of clicks out = number of clicks counter-clockwise starting from all the way clockwise.

WEIGHT		2019 ROCKSHOX REVELATION RC 130mm				2019 ROCKSHOX DELUXE R 190x45mm		
		AIR/PSI	AIR VOL	REBOUND	COMPRESSION	AIR/PSI	AIR VOL	REBOUND
100 lbs	45 kg	52	1T	11 out	Open	105	2T	8 out
110 lbs	50 kg	57	1T	11 out	Open	115	2T	8 out
120 lbs	54 kg	62	1T	10 out	Open	125	2T	8 out
130 lbs	59 kg	67	1T	10 out	Open	135	2T	7 out
140 lbs	64 kg	72	1T	9 out	Open	145	2T	7 out
150 lbs	68 kg	77	1T	9 out	Open	155	2T	7 out
160 lbs	73 kg	82	2T	8 out	Open	165	2T	6 out
170 lbs	77 kg	87	2T	8 out	Open	175	2T	6 out
180 lbs	82 kg	92	2T	8 out	Open	185	2T	6 out
190 lbs	86 kg	97	2T	7-8 out	Open	195	2T	5-6 out
200 lbs	91 kg	102	2T	7 out	Open	205	2T	5 out
210 lbs	95 kg	107	2T	7 out	Open	215	2T	5 out
220 lbs	100 kg	112	2T	6 out	Open	225	2T	5 out
230 lbs	104 kg	117	2T	6 out	Open	235	2T	4 out
240 lbs	109 kg	122	2T	5-6 out	Open	245	2T	4 out

3 2019 FLUID FS 2 - 27.5"

In this section, you will be given baseline fork and shock pressures for your weight.

INFLATING METHODS FOR YOUR FORK AND SHOCK

The DebonAir air springs on your Rockshox fork and shock require a specific inflation procedure. Please refer to manufacturer guidelines here.

YOU'RE ALMOST THERE!

Final steps are to implement the baselines settings in your fork and shock.

1. Pick your rider weight line and follow across.
2. Rider weight is with riding gear and equipment most commonly worn on your rides. If using a water bladder, fill it to half the amount you usually start with on most rides.
3. Damper settings are measured in number of clicks out = number of clicks counter-clockwise starting from all the way clockwise.

WEIGHT		2019 ROCKSHOX SEKTOR 130MM				2019 ROCKSHOX DELUXE R 190x42.5MM		
		AIR/PSI	AIR VOL	REBOUND	COMPRESSION	AIR/PSI	AIR VOL	REBOUND
100 lbs	45 kg	40	OT	16 out +	Open	110	2T	8 out
110 lbs	50 kg	40	OT	16 out +	Open	120	2T	8 out
120 lbs	54 kg	45	OT	15 out	Open	130	2T	8 out
130 lbs	59 kg	52	OT	15 out	Open	140	2T	7 out
140 lbs	64 kg	60	OT	14-15 out	Open	150	2T	7 out
150 lbs	68 kg	67	OT	14 out	Open	160	2T	7 out
160 lbs	73 kg	75	OT	13 out	Open	170	2T	6 out
170 lbs	77 kg	82	OT	13 out	Open	180	2T	6 out
180 lbs	82 kg	90	OT	12 out	Open	190	2T	6 out
190 lbs	86 kg	97	OT	12 out	Open	200	2T	5 out
200 lbs	91 kg	105	OT	11-12 out	Open	210	2T	5 out
210 lbs	95 kg	112	OT	11 out	Open	220	2T	5 out
220 lbs	100 kg	120	OT	11 out	Open	230	2T	5 out
230 lbs	104 kg	127	OT	10-11 out	Open	240	2T	4 out
240 lbs	109 kg	135	OT	10 out	Open	250	2T	4 out

3 2019 FLUID FS 2 - 29"

In this section, you will be given baseline fork and shock pressures for your weight.

INFLATING METHODS FOR YOUR FORK AND SHOCK

The DebonAir air springs on your Rockshox fork and shock require a specific inflation procedure. Please refer to manufacturer guidelines here.

YOU'RE ALMOST THERE!

Final steps are to implement the baselines settings in your fork and shock.

1. Pick your rider weight line and follow across.
2. Rider weight is with riding gear and equipment most commonly worn on your rides. If using a water bladder, fill it to half the amount you usually start with on most rides.
3. Damper settings are measured in number of clicks out = number of clicks counter-clockwise starting from all the way clockwise.

WEIGHT		2019 ROCKSHOX SEKTOR 130MM				2019 ROCKSHOX DELUXE R 190x45MM		
		AIR/PSI	AIR VOL	REBOUND	COMPRESSION	AIR/PSI	AIR VOL	REBOUND
100 lbs	45 kg	40	OT	16 out +	Open	105	2T	8 out
110 lbs	50 kg	40	OT	16 out +	Open	115	2T	8 out
120 lbs	54 kg	45	OT	15 out	Open	125	2T	8 out
130 lbs	59 kg	52	OT	15 out	Open	135	2T	7 out
140 lbs	64 kg	60	OT	14-15 out	Open	145	2T	7 out
150 lbs	68 kg	67	OT	14 out	Open	155	2T	7 out
160 lbs	73 kg	75	OT	13 out	Open	165	2T	6 out
170 lbs	77 kg	82	OT	13 out	Open	175	2T	6 out
180 lbs	82 kg	90	OT	12 out	Open	185	2T	6 out
190 lbs	86 kg	97	OT	12 out	Open	195	2T	5-6 out
200 lbs	91 kg	105	OT	11-12 out	Open	205	2T	5 out
210 lbs	95 kg	112	OT	11 out	Open	215	2T	5 out
220 lbs	100 kg	120	OT	11 out	Open	225	2T	5 out
230 lbs	104 kg	127	OT	10-11 out	Open	235	2T	4 out
240 lbs	109 kg	135	OT	10 out	Open	245	2T	4 out

3 2019 FLUID FS 3 - 27.5"

In this section, you will be given baseline fork and shock pressures for your weight.

INFLATING METHODS FOR YOUR FORK AND SHOCK

The DebonAir air springs on your Rockshox fork and shock require a specific inflation procedure. Please refer to manufacturer guidelines here.

YOU'RE ALMOST THERE!

Final steps are to implement the baselines settings in your fork and shock.

1. Pick your rider weight line and follow across.
2. Rider weight is with riding gear and equipment most commonly worn on your rides. If using a water bladder, fill it to half the amount you usually start with on most rides.
3. Damper settings are measured in number of clicks out = number of clicks counter-clockwise starting from all the way clockwise.

WEIGHT		2019 ROCKSHOX RECON RL 130MM			2019 ROCKSHOX DELUXE R 190x42.5MM		
		AIR/PSI	REBOUND	COMPRESSION	AIR/PSI	AIR VOL	REBOUND
100 lbs	45 kg	50	5 out	Open	110	2T	8 out
110 lbs	50 kg	55	5 out	Open	120	2T	8 out
120 lbs	54 kg	60	5 out	Open	130	2T	8 out
130 lbs	59 kg	65	5 out	Open	140	2T	7 out
140 lbs	64 kg	70	4 out	Open	150	2T	7 out
150 lbs	68 kg	75	4 out	Open	160	2T	7 out
160 lbs	73 kg	85	4 out	Open	170	2T	6 out
170 lbs	77 kg	90	3 out	Open	180	2T	6 out
180 lbs	82 kg	100	3 out	Open	190	2T	6 out
190 lbs	86 kg	110	2 out	Open	200	2T	5 out
200 lbs	91 kg	115-120	2 out	Open	210	2T	5 out
210 lbs	95 kg	130	2 out	Open	220	2T	5 out
220 lbs	100 kg	140	2 out	Open	230	2T	5 out
230 lbs	104 kg	150	2 out	Open	240	2T	4 out
240 lbs	109 kg	160	1 out	Open	250	2T	4 out

3 2019 FLUID FS 3 - 29"

In this section, you will be given baseline fork and shock pressures for your weight.

INFLATING METHODS FOR YOUR FORK AND SHOCK

The DebonAir air springs on your Rockshox fork and shock require a specific inflation procedure. Please refer to manufacturer guidelines here.

YOU'RE ALMOST THERE!

Final steps are to implement the baselines settings in your fork and shock.

1. Pick your rider weight line and follow across.
2. Rider weight is with riding gear and equipment most commonly worn on your rides. If using a water bladder, fill it to half the amount you usually start with on most rides.
3. Damper settings are measured in number of clicks out = number of clicks counter-clockwise starting from all the way clockwise.

WEIGHT		2019 ROCKSHOX RECON RL 130MM			2019 ROCKSHOX DELUXE R 190x45MM		
		AIR/PSI	REBOUND	COMPRESSION	AIR/PSI	AIR VOL	REBOUND
100 lbs	45 kg	50	5 out	Open	105	2T	8 out
110 lbs	50 kg	55	5 out	Open	115	2T	8 out
120 lbs	54 kg	60	5 out	Open	125	2T	8 out
130 lbs	59 kg	65	5 out	Open	135	2T	7 out
140 lbs	64 kg	70	4 out	Open	145	2T	7 out
150 lbs	68 kg	75	4 out	Open	155	2T	7 out
160 lbs	73 kg	85	4 out	Open	165	2T	6 out
170 lbs	77 kg	90	3 out	Open	175	2T	6 out
180 lbs	82 kg	100	3 out	Open	185	2T	6 out
190 lbs	86 kg	110	2 out	Open	195	2T	5-6 out
200 lbs	91 kg	115-120	2 out	Open	205	2T	5 out
210 lbs	95 kg	130	2 out	Open	215	2T	5 out
220 lbs	100 kg	140	2 out	Open	225	2T	5 out
230 lbs	104 kg	150	2 out	Open	235	2T	4 out
240 lbs	109 kg	160	1 out	Open	245	2T	4 out

3 2019 FLUID FS 4 - 27.5"

In this section, you will be given baseline fork and shock pressures for your weight.

INFLATING METHODS FOR YOUR FORK AND SHOCK

For SR Suntour forks, simply ensure the fork is fully extended when adding or removing air.

YOU'RE ALMOST THERE!

Final steps are to implement the baselines settings in your fork and shock.

1. Pick your rider weight line and follow across.
2. Rider weight is with riding gear and equipment most commonly worn on your rides. If using a water bladder, fill it to half the amount you usually start with on most rides.
3. Damper settings are measured in number of clicks out = number of clicks counter-clockwise starting from all the way clockwise.
4. Fork Rebound settings are measured in number of rotations out = number of rotations counter-clockwise starting from all the way clockwise.

WEIGHT		2019 SR SUNTOUR XCR-34 AIR BOOST LOR DS 130 MM			2019 X-FUSION 02 PRO R 190X42.5MM	
		AIR/PSI	REBOUND	COMPRESSION	AIR/PSI	REBOUND
100 lbs	45 kg	40	5 rotations out	Open	115	10 out
110 lbs	50 kg	45	5 out	Open	125	10 out
120 lbs	54 kg	50	5 out	Open	135	9 out
130 lbs	59 kg	55	4.5 out	Open	145	9 out
140 lbs	64 kg	60	4.5 out	Open	155	8 out
150 lbs	68 kg	65	4 out	Open	165	8 out
160 lbs	73 kg	70	4 out	Open	175	7 out
170 lbs	77 kg	75	3.5 out	Open	185	7 out
180 lbs	82 kg	80	3.5 out	Open	195	6 out
190 lbs	86 kg	85	3 out	Open	205	6 out
200 lbs	91 kg	90	3 out	Open	215	5 out
210 lbs	95 kg	95	2.5 out	Open	225	5 out
220 lbs	100 kg	100	2.5 out	Open	235	4 out
230 lbs	104 kg	105	2 out	Open	245	4 out
240 lbs	109 kg	110	2 out	Open	255	3 out

3 2019 FLUID FS 4 - 29"

In this section, you will be given baseline fork and shock pressures for your weight.

INFLATING METHODS FOR YOUR FORK AND SHOCK

For SR Suntour forks, simply ensure the fork is fully extended when adding or removing air.

YOU'RE ALMOST THERE!

Final steps are to implement the baselines settings in your fork and shock.

1. Pick your rider weight line and follow across.
2. Rider weight is with riding gear and equipment most commonly worn on your rides. If using a water bladder, fill it to half the amount you usually start with on most rides.
3. Damper settings are measured in number of clicks out = number of clicks counter-clockwise starting from all the way clockwise.
4. Fork Rebound settings are measured in number of rotations out = number of rotations counter-clockwise starting from all the way clockwise.

WEIGHT		2019 SR SUNTOUR XCR-34 AIR BOOST LOR DS 130 MM			2019 X-FUSION 02 PRO R 190X45MM	
		AIR/PSI	REBOUND	COMPRESSION	AIR/PSI	REBOUND
100 lbs	45 kg	40	5 rotations out	Open	110	11 out
110 lbs	50 kg	45	5 out	Open	120	10-11 out
120 lbs	54 kg	50	5 out	Open	130	10 out
130 lbs	59 kg	55	4.5 out	Open	140	9-10 out
140 lbs	64 kg	60	4.5 out	Open	150	9 out
150 lbs	68 kg	65	4 out	Open	160	8-9 out
160 lbs	73 kg	70	4 out	Open	170	8 out
170 lbs	77 kg	75	3.5 out	Open	180	7-8 out
180 lbs	82 kg	80	3.5 out	Open	190	7 out
190 lbs	86 kg	85	3 out	Open	200	6-7 out
200 lbs	91 kg	90	3 out	Open	210	6 out
210 lbs	95 kg	95	2.5 out	Open	220	5-6 out
220 lbs	100 kg	100	2.5 out	Open	230	5 out
230 lbs	104 kg	105	2 out	Open	240	4-5 out
240 lbs	109 kg	110	2 out	Open	250	4 out

4

TAILOR TO YOUR TERRAIN

Tips to fine tune your Fluid if baseline settings show limitations in a given circumstance.

Be sure to make one change at a time to assess which adjustment(s) yield(s) the best result.

OPTION OF TWO REBOUND CLICKS AND REBOUND GUIDELINES

If there's an option of two rebound clicks for your weight range or for insight on using this adjustment: for smoother terrain with bermed corners - for a more settled feeling ride, use the lower number (more rebound). For faster rooty, rocky terrain - for more grip and better bump absorption, use the higher number (less rebound).

SMOOTH TRAILS

If your trails are smooth with more time seated and you'd like a more dynamic ride, raise shock pressure by +5 psi from baseline.

STEEPER DESCENTS AND/OR MORE AGGRESSIVE 150LBS RIDER ON FLUID 1

Use 2x tokens instead of 1x in your Rockshox Revelation RC fork.

ADJUSTING FOR RIDER PROFICIENCY ON FLUID 3

If more support desired by more aggressive rider: + 5 psi in fork from baseline.

If more comfort desired by less aggressive rider: - 5 psi in shock from baseline.

FOR SHORTER RIDERS IF FORK FEELS FIRM

Always ensure you are within the suspension manufacturer's service interval.

Lower handlebar height by 5-10 mm and/or increase shock pressure by +5 psi from baseline and/or decrease fork pressure by 2-5 psi from baseline.

WHAT IF I WANT A LOCK-OUT?

With Fluid's kinematics, geometry and a correct suspension set-up, the rider should not feel the need for a lock-out on ascents.

First, ensure you are within the suspension manufacturer's recommended service interval. A shock in need of service will sag more than it should; a fork that isn't compressing freely will also put more weight over the rear of the bike. Now, ensure you have proper seat height. Too low and you will also feel like there is too much weight over the rear of the bike. From here, either lower handlebar height by 5-10 mm and/or increase shock pressure by +5 psi from baseline and/or decrease fork pressure by 2-5 psi from baseline.

The end result is moving the riders weight forward, putting less weight on the shock, to offset the grade of the trail.