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salve a tutti ho appena fatto l upgrade dell ammo passando da uno a sola molla a uno ad aria il monarch rt3 dato che non sono stato fornito di manuale tecnico dell ammo e non avendo parametri di riferimento perch usavo un bel mollone volevo chiedere a quanta pressione devo mettere all incirca l ammo per regolare il sag, **care for your rockshox debonair nsmb com** - going back to the introduction it s insane to me how many riders are out there talking about spending hundreds of dollars on a replacement shock who have either had no issues with their debonair monarch or monarch plus shocks or who absolutely rode the sh t out of them and are sagging into blown dampers and sticky air can seals that are really just screaming out for service, **rockshox monarch rt service manual wordpress com** - kona race light scandium 69 frame rockshox monarch rl rear add to wish list e mail support call back service tell a friend the rock shox damper monarch be also improved in detail with the rapid recovery rock shox rebound adjuster knob kit 2014 monarch rl rt 38 68 buy it now rock shox full service rebuild kit 2014 monarch xx, **ricambi rockshox per biciclette acquisti online su ebay** - 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