



# How to adjust the pressure on your RockShox Monarch Plus R

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## INTRODUCTION

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### TOOLS:

- [Bicycle Suspension Pump](#) (1)
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## Step 1 — Damper pressure



- Remove the lid on top left side of your damper.
- Screw your suspension pump into the designated thread.
- Give your damper a nice pump and some pressure - depending on your weight and your preferences! In our case it was about 20 - 30% on the scale printed on the damper.