





# Oil Volumes – Forks (up to 2013)

**Note:** the information presented in this page represents the latest oil recommendations from Fox engineering, for all fork products. If you discover any discrepancies between oil specifications within any of the service procedures and the information presented here, the Oil Volumes table information will always take precedence.

 = FOX Float Fluid     = FOX Green 10 wt.     = FOX Red 10 wt.     = FOX 7 wt.

 = FOX Isolated Technology     = Open Bath     = Open Cartridge

## 2002-2011 Fork Oil Volume Sheet

Fork Models	Oil	Location	Volume [mL]
1) 2002-2006 F80 (O/B R, RL & RLT dampers)	FOX Green 10 wt.	Damper-side oil bath	150.0
		Spring-side oil bath	20.0
	FOX Float Fluid	Air Chamber	5.0
2) 2003-2006 F80 (O/B X damper)	FOX 7 wt.	Damper-side oil bath	150.0
		Spring-side oil bath	20.0
	FOX Float Fluid	Air Chamber	5.0
3) 2007-2009 F80 R (O/B R damper)	FOX Green 10 wt.	Damper-side oil bath	150.0
		Spring-side oil bath	20.0
	FOX Float Fluid	Air Chamber	5.0
4) 2007-2009 F80 (O/B RL, RLC & Remote dampers)	FOX Green 10 wt.	Damper-side oil bath	150.0
		Spring-side oil bath	20.0
	FOX Float Fluid	Air Chamber	5.0
5) 2010-2012 F80 (FIT RL, RLC & Remote dampers)	FOX Red 10 wt.	Damper	24.0
	FOX Green 10 wt.	Damper-side oil bath	20.0
		Spring-side oil bath	20.0
	FOX Float Fluid	Air Chamber	10.0
6) 2010-2012 F80 & ALPS (O/B R, RL & Remote dampers)	FOX Green 10 wt.	Damper-side oil bath	150.0
		Spring-side oil bath	20.0

	FOX Float Fluid	Air Chamber	10.0
7) 2011-2012 F80 (FIT Terralogic damper)	FOX Red 10 wt.	Damper	46.5
	FOX Green 10 wt.	Damper-side oil bath	20.0
		Spring-side oil bath	20.0
	FOX Float Fluid	Air Chamber	10.0
8) 2002-2009 F100 & F90 (O/B R, RL, RLC, RLT & Remote dampers)	FOX Green 10 wt.	Damper-side oil bath	155.0
		Spring-side oil bath	20.0
	FOX Float Fluid	Air Chamber	5.0
9) 2003-2006 F100 & F90 (O/B X damper)	FOX 7 wt.	Damper-side oil bath	155.0
		Spring-side oil bath	20.0
	FOX Float Fluid	Air Chamber	5.0
	10) 2010-2012 F90 (FIT RL, RLC & Remote dampers)	FOX Red 10 wt.	Damper
FOX Green 10 wt.		Damper-side oil bath	20.0
		Spring-side oil bath	20.0
FOX Float Fluid		Air Chamber	5.0
11) 2010-2012 F100 (FIT RL, RLC & Remote dampers)	FOX Red 10 wt.	Damper	27.2
	FOX Green 10 wt.	Damper-side oil bath	20.0
		Spring-side oil bath	20.0
	FOX Float Fluid	Air Chamber	5.0
12) 2010-2012 "831" (FIT RLC damper)	FOX Red 10 wt.	Damper	27.2
	FOX Green 10 wt.	Damper-side oil bath	20.0
		Spring-side oil bath	20.0
	FOX Float Fluid	Air Chamber	5.0
13) 2010-2012 F100, F90 & ALPS (O/B RL & Remote dampers)	FOX Green 10 wt.	Damper-side oil bath	155.0
		Spring-side oil bath	20.0
	FOX Float Fluid	Air Chamber	5.0
14) 2011-2012 F100 (FIT Terralogic damper)	FOX Red 10 wt.	Damper	50.2
	FOX Green 10 wt.	Damper-side oil bath	20.0
		Spring-side oil bath	20.0
	FOX Float Fluid	Air Chamber	5.0
15) 2008-2009 F29 100 & 80 (O/B RL, RLC & Remote dampers)	FOX Green 10 wt.	Damper-side oil bath	160.0

		Spring-side-side oil bath	30.0	
		FOX Float Fluid	Air Chamber	5.0
16) 2010-2012 F29 100 & 80 (FIT RL & RLC dampers)	FOX Red 10 wt.	Damper	33.6	
	FOX Green 10 wt.	Damper-side oil bath	30.0	
		Spring-side oil bath	30.0	
	FOX Float Fluid	Air Chamber	5.0	
17) 2010-2012 F29 100, 80 & ALPS (O/B RL & Remote dampers)	FOX Green 10 wt.	Damper-side oil bath	160.0	
		Spring-side oil bath	30.0	
	FOX Float Fluid	Air Chamber	5.0	
18) 2011-2012 F29 80 (FIT Terralogic damper)	FOX Red 10 wt.	Damper	52.1	
	FOX Green 10 wt.	Damper-side oil bath	30.0	
		Spring-side oil bath	30.0	
	FOX Float Fluid	Air Chamber	5.0	
19) 2011-2012 F29 100 (FIT Terralogic damper)	FOX Red 10 wt.	Damper	55.9	
	FOX Green 10 wt.	Damper-side oil bath	30.0	
		Spring-side oil bath	30.0	
	FOX Float Fluid	Air Chamber	5.0	
20) 2009 F29 120 (O/B RL & RLC dampers)	FOX Green 10 wt.	Damper-side oil bath	165.0	
		Spring-side oil bath	30.0	
	FOX Float Fluid	Air Chamber	5.0	
21) 2010-2012 F29 120 (FIT RL & RLC dampers)	FOX Red 10 wt.	Damper	35.2	
	FOX Green 10 wt.	Damper-side oil bath	30.0	
		Spring-side oil bath	30.0	
	FOX Float Fluid	Air Chamber	5.0	
22) 2010-2012 F29 120 & ALPS (O/B RL & Remote dampers)	FOX Green 10 wt.	Damper-side oil bath	165.0	
		Spring-side oil bath	30.0	
	FOX Float Fluid	Air Chamber	5.0	
23) 2011-2012 F29 120 (FIT Terralogic damper)	FOX Red 10 wt.	Damper	59.7	
	FOX Green 10 wt.	Damper-side oil bath	30.0	
		Spring-side oil bath	30.0	
	FOX Float Fluid	Air Chamber	5.0	

24) 2011-2012 TALAS 29 120 (O/B RL damper)	FOX Green 10 wt.	Damper-side oil bath	165.0
		Spring-side oil bath	10.0
	FOX Float Fluid	Main Chamber	3.0
		Negative Chamber	3.0
25) 2011-2012 TALAS 29 120 (FIT RLC damper)	FOX Red 10 wt.	Damper	35.2
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	10.0
	FOX Float Fluid	Main Chamber	3.0
Negative Chamber		3.0	
26) 2011-2012 TALAS 29 120 (FIT Terralogic damper)	FOX Red 10 wt.	Damper	59.7
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	10.0
	FOX Float Fluid	Main Chamber	3.0
Negative Chamber		3.0	
27) 2005-2012 FLOAT & ALPS 120, 130 & 140 (O/B R, RL & RLC dampers)	FOX Green 10 wt.	Damper-side oil bath	160.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
28) 2007-2009 F120, FLOAT 130 & 140 (O/B Remote dampers)	FOX Green 10 wt.	Damper-side oil bath	160.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
29) 2010-2012 F120 (FIT RL, RLC & Remote dampers)	FOX Red 10 wt.	Damper	30.4
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
30) 2011-2012 F120 (FIT Terralogic damper)	FOX Red 10 wt.	Damper	54.0
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
31) 2006 FLOAT 130 XTT (O/B Trail-tune damper)	FOX 7 wt.	Damper-side oil bath	135.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
32) 2010-2012 FLOAT 130 & 140 (FIT RL & RLC dampers)	FOX Red 10 wt.	Damper	33.6
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0

	FOX Float Fluid	Air Chamber	5.0
33) 2010-2012 FLOAT 150 (FIT RL & RLC dampers)	FOX Red 10 wt.	Damper	35.2
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
34) 2010-2012 FLOAT & ALPS 150 (O/B RL & RLC dampers)	FOX Green 10 wt.	Damper-side oil bath	165.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
35) 2003-2006 TALAS 125 & 130 (O/B R, RL & RLC dampers)	FOX Green 10 wt.	Damper-side oil bath	160.0
		Spring-side oil bath	10.0
	FOX Float Fluid	IFP Chamber	3.0
		Main Chamber	5.0
		Negative Chamber	3.0
36) 2006 TALAS 130 XTT (O/B R, RL & RLC dampers)	FOX 7 wt.	Damper-side oil bath	135.0
		Spring-side oil bath	10.0
	FOX Float Fluid	IFP Chamber	3.0
		Main Chamber	5.0
		Negative Chamber	3.0
37) 2007-2008 TALAS 130 & 140 (O/B R, RL & RLC dampers)	FOX Green 10 wt.	Damper-side oil bath	160.0
		Spring-side oil bath	10.0
	FOX Float Fluid	IFP Chamber	3.0
		Main Chamber	5.0
		Negative Chamber	3.0
38) 2009 TALAS 140 (O/B R, RL & RLC dampers)	FOX Green 10 wt.	Damper-side oil bath	160.0
		Spring-side oil bath	10.0
	FOX Float Fluid	Main Chamber	3.0
		Negative Chamber	3.0
39) 2010-2012 TALAS 140 (FIT RL & RLC dampers)	FOX Red 10 wt.	Damper	33.6
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	10.0
	FOX Float Fluid	Main Chamber	3.0
		Negative Chamber	3.0
40) 2010-2012 TALAS 140 (O/B R & RL dampers)	FOX Green 10 wt.	Damper-side oil bath	160.0
		Spring-side oil bath	10.0
	FOX Float Fluid	Main Chamber	3.0
		Negative Chamber	3.0
41) 2011-2012 TALAS 140 (FIT Terralogic damper)	FOX Red 10 wt.	Damper	57.8
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	10.0

	FOX Float Fluid	Main Chamber	3.0
		Negative Chamber	3.0
42) 2009-2012 TALAS 150 (O/B R, RL & RLC dampers)	FOX Green 10 wt.	Damper-side oil bath	165.0
		Spring-side oil bath	10.0
	FOX Float Fluid	Main Chamber	3.0
		Negative Chamber	3.0
43) 2010-2012 TALAS 150 (FIT RL & RLC dampers)	FOX Red 10 wt.	Damper	35.2
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	10.0
	FOX Float Fluid	Main Chamber	3.0
		Negative Chamber	3.0
44) 2011-2012 TALAS 150 (FIT Terralogic damper)	FOX Red 10 wt.	Damper	59.7
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	10.0
	FOX Float Fluid	Main Chamber	3.0
		Negative Chamber	3.0
45) 2002-2006 Vanilla 100 & 130 (O/B R, RL & RLC dampers)	FOX Green 10 wt.	Damper-side oil bath	160.0
		Spring-side oil bath	30.0
46) 2007-2010 Vanilla 140 (O/B R, RL & RLC dampers)	FOX Green 10 wt.	Damper-side oil bath	160.0
		Spring-side oil bath	30.0
47) 2010 Vanilla 140 (FIT RL & RLC dampers)	FOX Red 10 wt.	Damper	35.2
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
48) 2012 34 Float 29" 140 (O/B RL damper)	FOX Green 10 wt.	Damper-side oil bath	165.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
49) 2013 32 Float 26" 80-100 (O/C CTD damper)	FOX Red 10 wt.	Damper	63.0
	FOX Green 10 wt.	Damper-side oil bath	20.0
		Spring-side oil bath	20.0
	FOX Float Fluid	Air Chamber	5.0
50) 2013 32 Float 26" 120 (O/C CTD damper)	FOX Red 10 wt.	Damper	70.0
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0

	FOX Float Fluid	Air Chamber	5.0
51) 2013 32 Float 26" 130 (O/C CTD damper)	FOX Red 10 wt.	Damper	74.0
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
52) 2013 32 Float 26" 140-150 (O/C CTD damper)	FOX Red 10 wt.	Damper	83.0
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
53) 2013 32 Float 29" 80-100 (O/C CTD damper)	FOX Red 10 wt.	Damper	74.0
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
54) 2013 32 Float 29" 120-130 (O/C CTD damper)	FOX Red 10 wt.	Damper	86.0
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
55) 2012-2013 34 Float 29" 140-150 (FIT: CTD, RLC, RL, Remote damper)	FOX Red 10 wt.	Damper	35.2
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
56) 2013 34 Float 29" 130-150 (O/C CTD damper)	FOX Red 10 wt.	Damper	103.0
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
57) 2013 34 26" Float 150-160 (FIT CTD damper)	FOX Red 10 wt.	Damper	35.2
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
58) 2013 34 26" 150-160; 27.5" (650b) 130-160 Float (O/C CTD damper)	FOX Red 10 wt.	Damper	87.0
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0

	FOX Float Fluid	Air Chamber	5.0
59) 2013 34 26", 27.5" (650b) TALAS 160 (FIT CTD damper)	FOX Red 10 wt.	Damper	35.2
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	15.0
	FOX Float Fluid	Main Chamber	3.0
Negative Chamber		3.0	
60) 2012-2013 34 TALAS 29 140-150 (FIT: CTD, RLC, RL, Remote & Terralogic dampers)	FOX Red 10 wt.	Damper	35.2
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	15.0
	FOX Float Fluid	Main Chamber	3.0
Negative Chamber		3.0	
61) 2012 34 TALAS 29 140 (O/B RL damper)	FOX Green 10 wt.	Damper-side oil bath	165.0
		Spring-side oil bath	15.0
	FOX Float Fluid	Main Chamber	3.0
		Negative Chamber	3.0
62) 2005-2008 36 TALAS 150 & 160 (FIT R, RC2 dampers)	FOX Red 10 wt.	Damper	100.0
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	15.0
	FOX Float Fluid	IFP Chamber	3.0
		Main Chamber	5.0
Negative Chamber		3.0	
63) 2009 36 TALAS 160 (FIT R, RC2 dampers)	FOX Red 10 wt.	Damper	100.0
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	15.0
	FOX Float Fluid	Main Chamber	3.0
Negative Chamber		3.0	
64) 2010 & 2013 36 TALAS 160 (FIT RC2 damper)	FOX Red 10 wt.	Damper	100.0
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	15.0
	FOX Float Fluid	Main Chamber	3.0
Negative Chamber		3.0	
65) 2010-2013 36 TALAS 160 (O/B R damper)	FOX Green 10 wt.	Damper-side oil bath	155.0
		Spring-side oil bath	15.0
	FOX Float Fluid	Main Chamber	3.0
		Negative Chamber	3.0
66) 2011-2012 36 TALAS 160 (FIT RLC damper)	FOX Red 10 wt.	Damper	36.8
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	15.0
	FOX Float Fluid	Main Chamber	3.0
Negative Chamber		3.0	



67) 2007-2009 36 FLOAT 160 (FIT R, RC2 dampers)	FOX Red 10 wt.	Damper	100.0
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
68) 2010 36 FLOAT 160 (FIT RC2 damper)	FOX Red 10 wt.	Damper	100.0
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
69) 2011-2012 36 FLOAT 160 (FIT RLC damper)	FOX Red 10 wt.	Damper	36.8
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
70) 2013 36 FLOAT 160 (FIT RC2 damper)	FOX Red 10 wt.	Damper	69.2
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
71) 2010-2013 36 FLOAT 160, 130 & 100 (O/B R damper)	FOX Green 10 wt.	Damper-side oil bath	155.0
		Spring-side oil bath	30.0
	FOX Float Fluid	Air Chamber	5.0
72) 2006-2010 36 VAN 160 (FIT R & RC2 dampers)	FOX Red 10 wt.	Damper	100.0
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
73) 2011-2013 36 VAN 160 (O/B R damper)	FOX Green 10 wt.	Damper-side oil bath	155.0
		Spring-side oil bath	30.0
74) 2011-2013 36 VAN 160 (O/B R damper EUR)	FOX Green 10 wt.	Damper-side oil bath	180.0
		Spring-side oil bath	30.0
75) 2011-2013 36 VAN 160 (FIT RC2 damper)	FOX Red 10 wt.	Damper	69.2
	FOX Green 10 wt.	Damper-side oil bath	30.0
		Spring-side oil bath	30.0
76) 2011-2013 36 TALAS 170 & 180 (FIT RC2 damper)	FOX Red 10 wt.	Damper	66.9

	FOX Green 10 wt.	Damper-side oil bath	40.0
		Spring-side oil bath	15.0
	FOX Float Fluid	Main Chamber	3.0
		Negative Chamber	3.0
77) 2011-2013 36 TALAS 170 & 180 (O/B R damper)	FOX Green 10 wt.	Damper-side oil bath	160.0
		Spring-side oil bath	15.0
	FOX Float Fluid	Main Chamber	3.0
		Negative Chamber	3.0
78) 2011-2013 36 FLOAT 170 & 180 (FIT RC2 damper)	FOX Red 10 wt.	Damper	66.9
	FOX Green 10 wt.	Damper-side oil bath	40.0
		Spring-side oil bath	40.0
	FOX Float Fluid	Air Chamber	5.0
79) 2011-2013 36 FLOAT 170 & 180 (O/B R damper)	FOX Green 10 wt.	Damper-side oil bath	160.0
		Spring-side oil bath	40.0
	FOX Float Fluid	Air Chamber	5.0
80) 2011-2013 36 VAN 170 & 180 (FIT RC2 damper)	FOX Red 10 wt.	Damper	73.0
	FOX Green 10 wt.	Damper-side oil bath	40.0
		Spring-side oil bath	40.0
81) 2011-2013 36 VAN 170 & 180 (O/B R damper)	FOX Green 10 wt.	Damper-side oil bath	160.0
		Spring-side oil bath	40.0
82) 2011-2013 36 VAN 170 & 180 (O/B R damper <b>EUR</b> )	FOX Green 10 wt.	Damper-side oil bath	220.0
		Spring-side oil bath	40.0
83) 2005-2009 40 (FIT R & RC2 dampers)	FOX Red 10 wt.	Damper	122.0
	FOX Green 10 wt.	Damper-side oil bath	50.0
		Spring-side oil bath	50.0
84) 2010 40 (FIT RC2 damper)	FOX Red 10 wt.	Damper	122.0
	FOX Green 10 wt.	Damper-side oil bath	50.0
		Spring-side oil bath	50.0
85) 2011-2013 40 (FIT RC2 damper)	FOX Red 10 wt.	Damper	78.5
	FOX Green 10 wt.	Damper-side oil bath	50.0

86) 2013 40 R (O/B R damper)	FOX Green 10 wt.	Spring-side oil bath	50.0
		Damper-side oil bath	250.0
		Spring-side oil bath	50.0

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