

2019

## COMMENCAL META POWER 29 ESSENTIAL FOX 2019



## SPECS

|                 |                                                                                                                                                                                                                                                                 |
|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| FRAME           | 2019 META POWER, 29 140 mm travel                                                                                                                                                                                                                               |
| SYSTEM          | SHIMANO E8000                                                                                                                                                                                                                                                   |
| BATTERY         | SHIMANO E8010, 504 Wh                                                                                                                                                                                                                                           |
| DISPLAY         | SHIMANO SC-E8000                                                                                                                                                                                                                                                |
| SWITCH UNIT     | SHIMANO E7000                                                                                                                                                                                                                                                   |
| SHOCK           | FOX PERFORMANCE DHX2, 210 x 55 mm, Low Speed Compression, Low Speed Rebound, Spring: 400lbs on S, 450lbs on M, 500lbs on L, 550lbs on XL                                                                                                                        |
| FORK            | FOX PERFORMANCE 36 FLOAT, 150 mm, FLOAT Air Spring, 3 positions, boost / 1 volume spacer, Grip cartridge, E-Bike specific                                                                                                                                       |
| HEADSET         | ACROS Alloy ZS44/ZS56, sealed bearings                                                                                                                                                                                                                          |
| STEM            | RIDE ALPHA, Aluminium 2014, 50 mm, 31.8 mm, 0° Angle                                                                                                                                                                                                            |
| BAR             | RIDE ALPHA, Alloy 7075, double butted, 20 mm rise, 780 mm, 31.8 mm                                                                                                                                                                                              |
| GRIPS           | RIDE ALPHA, DH Grips, ultra soft compound, single clamp                                                                                                                                                                                                         |
| BRAKES          | SRAM GUIDE RE, 200 mm / 200 mm                                                                                                                                                                                                                                  |
| SHIFTERS        | SRAM GX EAGLE, E-Click, 1 x 12 speed                                                                                                                                                                                                                            |
| REAR MECH       | SRAM GX EAGLE, 1 x 12 speed                                                                                                                                                                                                                                     |
| BOTTOM BRACKET  | SHIMANO                                                                                                                                                                                                                                                         |
| CRANKSET        | SHIMANO E8050, 165 mm, Hollowtech SRAM X-SYNC EAGLE, 34t                                                                                                                                                                                                        |
| CHAINGUIDE      | SHIMANO E8000                                                                                                                                                                                                                                                   |
| CHAIN           | SRAM GX EAGLE                                                                                                                                                                                                                                                   |
| CASSETTE        | SRAM PG-1230, 11-50, 12 speed                                                                                                                                                                                                                                   |
| RIMS            | E13 LGL+, 32 holes, 30 mm inner width, tubeless ready                                                                                                                                                                                                           |
| HUBS            | FORMULA, 32 holes, sealed bearings, E-bike specific                                                                                                                                                                                                             |
| SPOKES          | SAPIM STRONG spokes, stainless steel, 2.34 mm                                                                                                                                                                                                                   |
| TYRES           | MAXXIS HRII, 29x2.50, 3C MAXX TERRA/DT/RT, front<br>MAXXIS AGGRESSOR, 29x2.50, 2C/DT/RT, rear                                                                                                                                                                   |
| SEATPOST        | KINDSHOCK LEV SL, 31.6 mm, Southpaw alloy lever, Travel: 100 mm on S, 125 mm on M, 150 mm on L and XL                                                                                                                                                           |
| SADDLE          | WTB SL8 RACE, 142 mm width, crono rails                                                                                                                                                                                                                         |
| WEIGHT          | 23.7 kg                                                                                                                                                                                                                                                         |
| PEDALS INCLUDED | NEW RIDE ALPHA, CNC Alloy body, CrMo axle, sealed bearings                                                                                                                                                                                                      |
| ACCESSORIES     | Chainstay protector, seatstay protector, down-tube protector, motor protector.<br>META POWER bikes are delivered with Shimano Europlug (CEE 7/7 norm) battery charger, a plug adapter is necessary for customers living in countries using different standards. |

## BATTERY RECYCLING

In partnership with SHIMANO, COMMENCAL supports a voluntary battery recycling program for ebike batteries. For each META POWER sold COMMENCAL will contribute 7€ to fundraising organisation COREPILE. This sum is paid through SHIMANO France. When your battery reaches the end of its life, it would be great if you could send it back to us for recycling. Contact us for more info on the procedure.

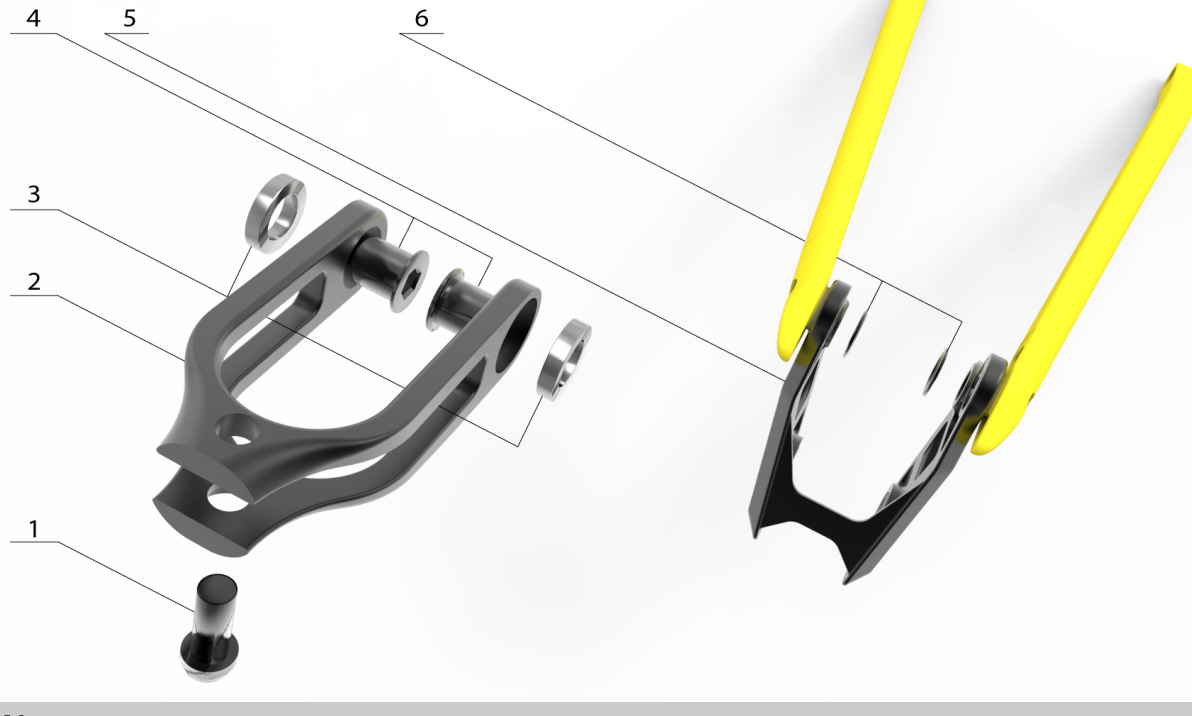
## TECH

|                                |                                               |
|--------------------------------|-----------------------------------------------|
| BICYCLE TYPE                   | Full suspension Enduro                        |
| FRAME MATERIAL                 | NEC + ULTRA SL (aluminium 6066 triple butted) |
| REAR WHEEL TRAVEL              | 140 mm                                        |
| SHOCK LENGTH / STROKE          | 210 x 55 mm                                   |
| PIDOTT BACK SHOCK COMPATIBLE   | Yes                                           |
| SHOCK BUSHINGS                 | 20x10 mm / ♦                                  |
| RECOMMENDED / MAX FORK HEIGHT  | 561 mm / 571 mm                               |
| HEADSET DIMENSION              | Tapered                                       |
| HEADSET TYPE                   | ZS44 / ZS56                                   |
| MAXIMUM TYRE DIMENSION (ETRO)  | 71 mm                                         |
| DISC BRAKE STANDARD            | Postmount 160 mm                              |
| REAR ROTOR MAX SIZE            | 200 mm                                        |
| SEATPOST / SEAT CLAMP DIAMETER | 31.6 mm / 34.9 mm                             |
| BOTTOM BRACKET TYPE            | Press fit BBS2                                |
| ISCG                           | Yes (SHIMANO Standard)                        |
| FRONT DERAILLEUR TYPE          | No                                            |
| REAR HUB COMPATIBILITY         | 12 x 148 mm, Maxle standard                   |

## SPOKE LENGTH

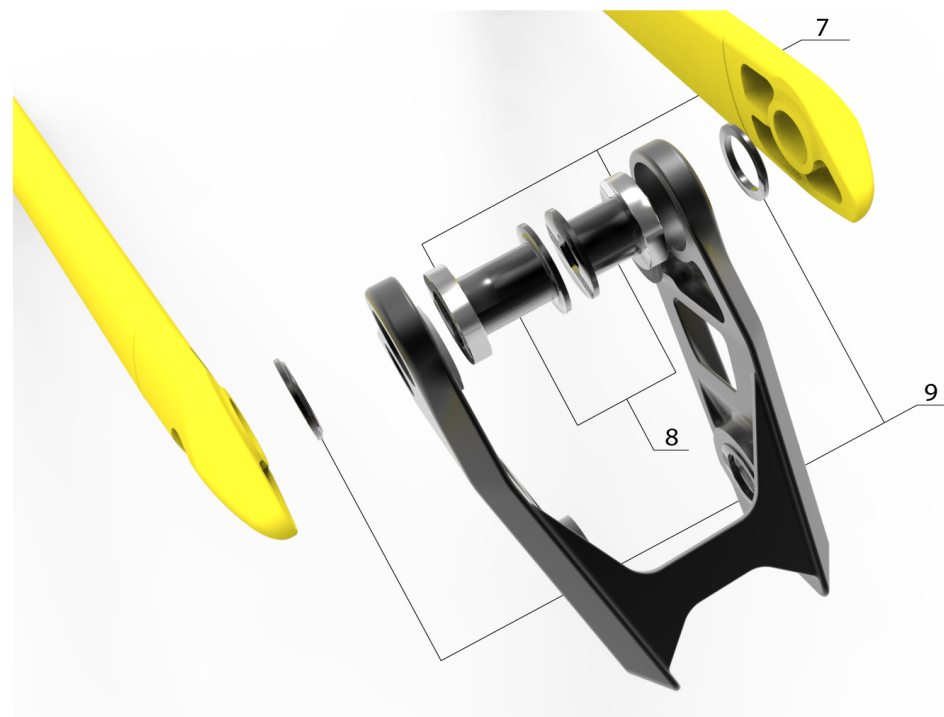
|       |                       |                    |
|-------|-----------------------|--------------------|
| WHEEL | NON DRIVE SIDE / LEFT | DRIVE SIDE / RIGHT |
| FRONT | 291 mm                | 291 mm             |
| REAR  | 292 mm                | 290 mm             |

## Clevis



| Index       | Ref              | Nom                                                    | Photo                                                |
|-------------|------------------|--------------------------------------------------------|------------------------------------------------------|
| 1           | W15AXLESHCL      | AXE AMORTISSEUR / PIED AMORTISSEUR META V4 ET V4.2     | 9 N.m                                                |
| 2           | W18MPWCLEVIS     | CLEVIS META POWER                                      |                                                      |
| 3           | W21EB6802        | ROULEMENT ENDOURO BEARINGS 6802 LLU MAX                | 15 x 24 x 5                                          |
| 4           | W15AXLELICL      | AXES BASCULEUR / PIED AMORTISSEUR META V4 ET V4.2      | 10-15 N.m                                            |
| 5           | W19MPWROCKER     | BASCULEUR META POWER / V4.2                            |                                                      |
| 6           | W17M42WASHERCKCL | RONDELLES BASCULEUR / PIED AMORTISSEUR META V4 ET V4.2 |                                                      |
| BEARING KIT | W21EBMETAPOWER   | ROULEMENTS ENDOURO BEARINGS META POWER                 | 2 x 6804 / 4 x 6800 / 2 x 3802 / 2 x 6802 / 2 x 6902 |

## Rocker 1



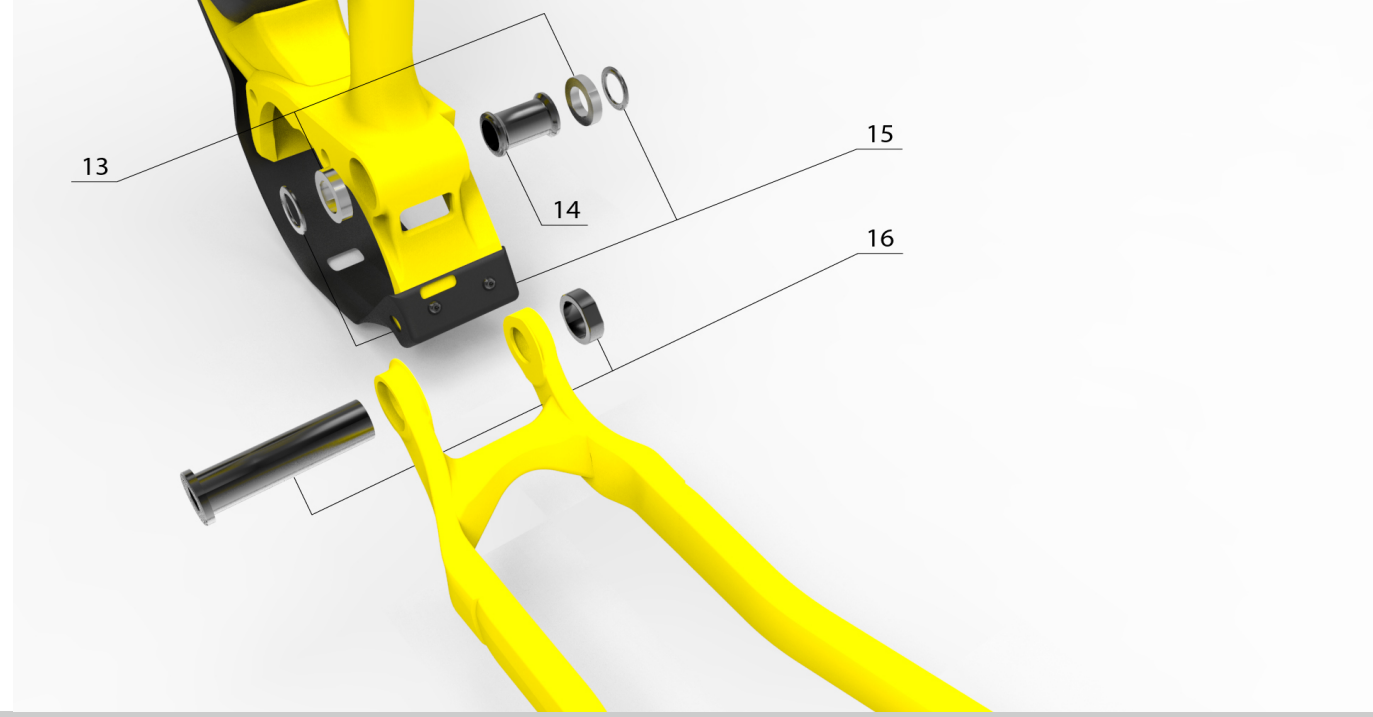
| Index       | Ref              | Nom                                           | Photo                                                |
|-------------|------------------|-----------------------------------------------|------------------------------------------------------|
| 7           | W21EB3802        | ROULEMENT ENDOURO BEARINGS 3802 LLU MAX       | 15 x 24 x 7                                          |
| 8           | W15AXLELIST      | AXES BASCULEUR / HAUBANS META V4 ET V4.2      | 10-15 N.m for original Rocker                        |
| 9           | W17M42WASHERCKSS | RONDELLES BASCULEUR / HAUBANS META V4 ET V4.2 |                                                      |
| BEARING KIT | W21EBMETAPOWER   | ROULEMENTS ENDOURO BEARINGS META POWER        | 2 x 6804 / 4 x 6800 / 2 x 3802 / 2 x 6802 / 2 x 6902 |

## Rocker 2



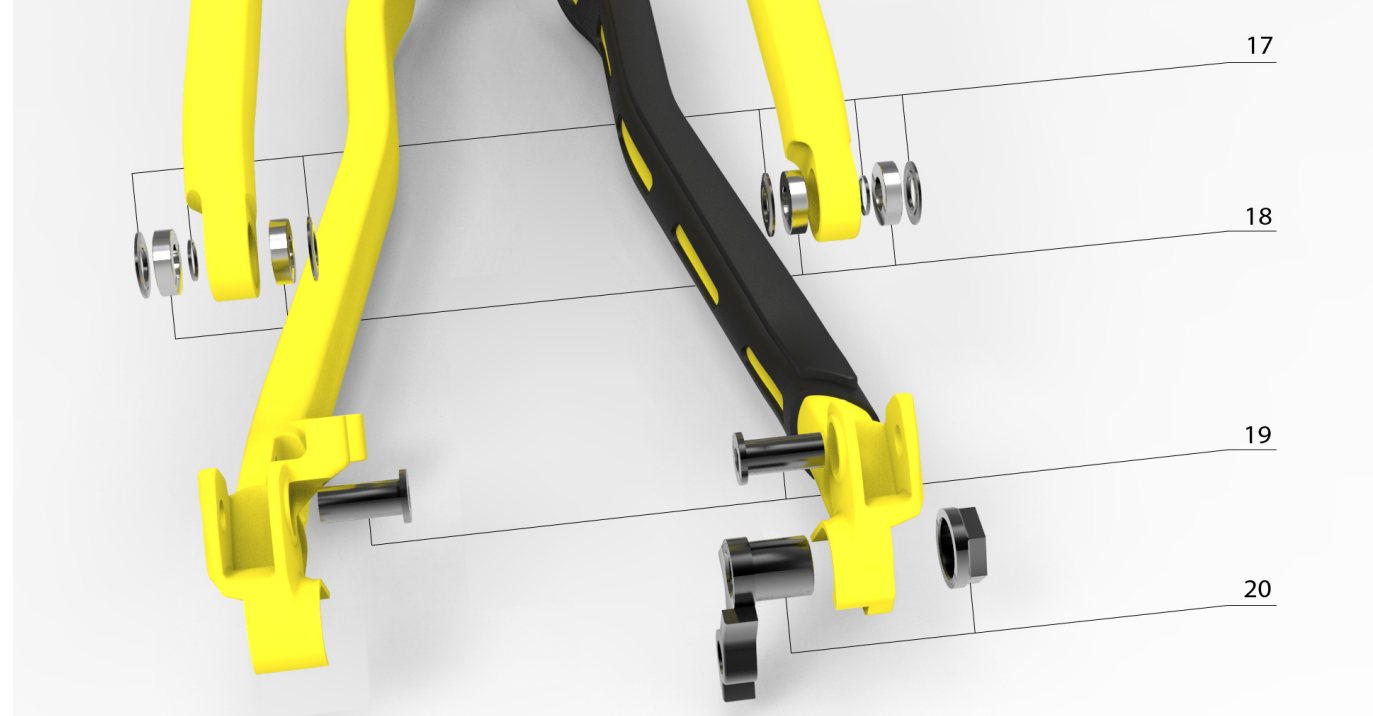
| Index       | Ref              | Nom                                                 | Photo                                                |
|-------------|------------------|-----------------------------------------------------|------------------------------------------------------|
| 10          | W17M42WASHERRKST | RONDELLES BASCULEUR / TUBE DE BELLE META V4 ET V4.2 |                                                      |
| 11          | W19EB6902        | ROULEMENT ENDOURO BEARINGS 6902 LLU MAX             | 15 x 28 x 7                                          |
| 12          | W17AXLELIFT      | AXE BASCULEUR / TRIANGLE AVANT POUR META V4.2       | 10-15 N.m for original rocker                        |
| BEARING KIT | W21EBMETAPOWER   | ROULEMENTS ENDOURO BEARINGS META POWER              | 2 x 6804 / 4 x 6800 / 2 x 3802 / 2 x 6802 / 2 x 6902 |

## Main Pivot



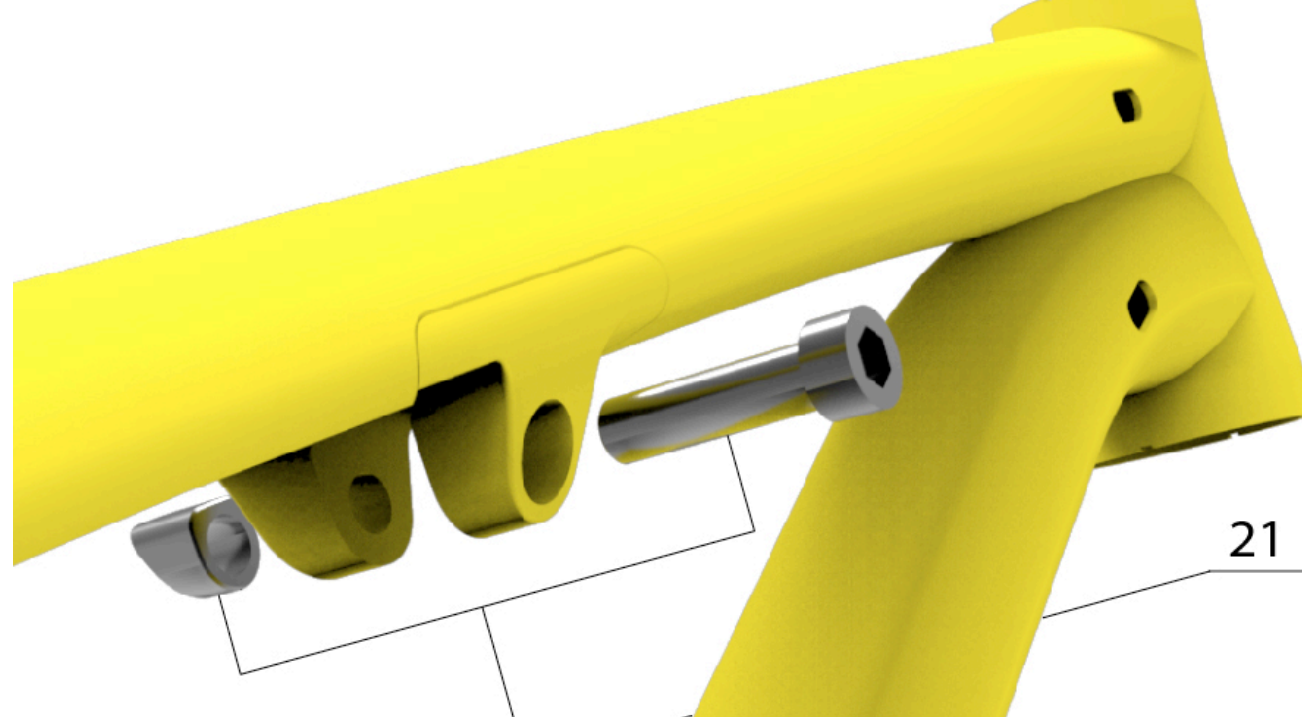
| Index       | Ref            | Nom                                     | Photo                                                |
|-------------|----------------|-----------------------------------------|------------------------------------------------------|
| 13          | W19EB6804      | ROULEMENT ENDOURO BEARINGS 6804 LLU MAX | 20 x 32 x 7                                          |
| 14          | W18MPWMPSPACER | ENTRETOISE PIVOT PRINCIPAL META POWER   |                                                      |
| 15          | W18MPWWASHERMP | RONDELLES PIVOT PRINCIPAL META POWER    |                                                      |
| 16          | W18MPWAXLEMP   | AXE DE PIVOT PRINCIPAL META POWER       | 30-35 N.m                                            |
| BEARING KIT | W21EBMETAPOWER | ROULEMENTS ENDOURO BEARINGS META POWER  | 2 x 6804 / 4 x 6800 / 2 x 3802 / 2 x 6802 / 2 x 6902 |

## Chainstays / Seatstays



| Index       | Ref            | Nom                                                             | Photo                                                |
|-------------|----------------|-----------------------------------------------------------------|------------------------------------------------------|
| 17          | W15WASHSTKIT   | RONDELLES BASES / HAUBANS META V4 ET V4.2                       |                                                      |
| 18          | W21EB6800      | ROULEMENT ENDOURO BEARINGS 6800 LLU MAX                         | 10 x 15 x 5                                          |
| 19          | W15AXLESTCS    | AXES BASES / HAUBANS META V4, V4.2 ET META POWER                | 10-15 N.m                                            |
| 20          | W15RHRMETA     | PATTE DE DERAILLEUR METAH / V4 / V4.2 / POWER / 28 / SUPREME SX | 15 N.m                                               |
| BEARING KIT | W21EBMETAPOWER | ROULEMENTS ENDOURO BEARINGS META POWER                          | 2 x 6804 / 4 x 6800 / 2 x 3802 / 2 x 6802 / 2 x 6902 |

## TopTube



| Index | Ref               | Nom                                      | Photo    |
|-------|-------------------|------------------------------------------|----------|
| 21    | W15AXLESHTT       | AXE AMORTISSEUR / TRIANGLE AVANT META V4 | 9-12 N.m |
| 22    | W17M42AXLESHTTINS | INSERT AXE D'AMORTISSEUR META V4.2       |          |

## Protectors



| Index | Ref           | Nom                                | Photo |
|-------|---------------|------------------------------------|-------|
| 22    | W19MPWPTECCCS | PROTECTION DE BASE META POWER      |       |
| 23    | W19MPWPTECCMT | PROTECTION DE MOTEUR META POWER    | 3 N.m |
| 24    | W19MPWPTECCDT | PROTECTION DE DOWN TUBE META POWER | 3 N.m |