Performing the right maintenance on your SRAM and RockShox products not only ensures years of worry-free riding, but will also keep performance optimal and enhance your experience on the bike. Each service interval indicates the maximum number of riding hours designated for each type of recommended maintenance. Depending on the terrain and environmental conditions in your location, your riding style and skill level, you may see more optimum performance if you service your SRAM and RockShox products at shorter intervals.