



Installation Instructions for 2009 CRF450 Ride Height Adjuster

Remove shock from the motorcycle. You can consult your owner's manual for information on this process.

Remove shock spring:

Clamp the top eyelet of the shock in a vice with soft or smooth type jaws. Measure the length of your spring and write it down. Loosen jam nuts against spring and wind them down the shock body until spring is loose. Remove the spring retainer.

Remove stock Eyelet:

Clamp lower eyelet in vice and turn rebound adjustment counter clockwise until it stops.

Depressurize shock by removing the Schrader valve core from the shock reservoir.

Push the aluminum collar with the bottom out bumper up to expose the shaft's jam nut. With a propane torch warm eyelet and loosen jam nut. Once the nut bottoms out against the shaft it should take little force to unscrew shaft from eyelet. If it doesn't unscrew easily then apply more heat.

Install New Eyelet:

NOTE: Your new Eyelet comes set to your stock eyelet length.

Once your stock eyelet is removed, clean shaft threads with contact cleaner and apply some red locktite. A couple drops are all you need.

Make sure the rebound clicker is turned counter clockwise all the way.

Screw eyelet on shaft by hand until it stops. Clamp eyelet in vise or hold with a wrench. Using the jam nut to turn the shaft until it bottoms out into adjuster. Then tighten jam nut against adjuster.

You should have about 34 clicks of adjustment.

Compress shock shaft into shock, reinstall Schrader valve, and recharge to 180psi of nitrogen. Install spring and set preload to the measurement you took. Install the shock back on the bike.