

# Suspension

## Recommended Fork Oil

viscosity (weight)	5 W
suggested oil	Honda ULTRA CUSHION OIL SPECIAL or equivalent

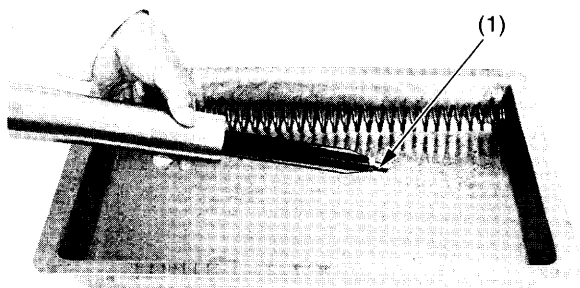
## Fork Oil Change

1. Remove the fork cap, and fork spring as described in Front Suspension Oil Level (page 94).
2. Pour out the fork oil by pumping the fork tube and piston rod (1) eight - ten times with the rod end down as shown.

Pour the drained oil into a suitable container and dispose of it in an approved manner (page 130).

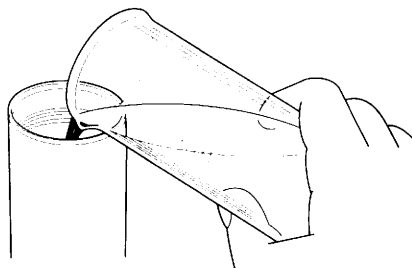
### NOTICE

*Improper disposal of drained oil is harmful to the environment.*

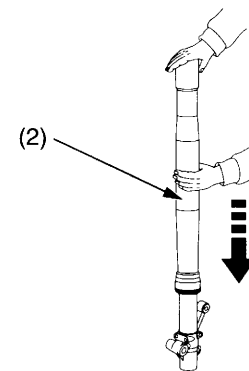


(1) piston rod

3. Pour half of the recommended fork oil into the fork slider and fork tube.

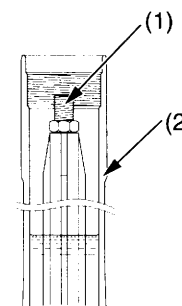


4. Raise the fork tube (2) and cover the top of the tube with your hand. Compress the fork tube fully, then release your hand. Use your other hand to secure the fork tube. Repeat this procedure three times.

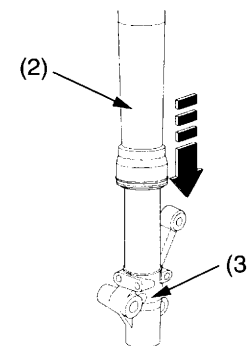


(2) fork tube

5. Pour the remaining fork oil into the piston rod until a little oil flows out of the top of the rod. Pump the piston rod slowly eight - ten times through a stroke of 25 cm (10 in). Gently slide the fork tube down onto the lower end of the slider pipe (3). Wait about 5 minutes.



(1) piston rod  
(2) fork tube



(3) lower end of the slider pipe