

To decrease spring pre-load

Loosen the shock spring lock nut using the optional pin spanners (3) and turn the adjusting nut to increase the spring length (4). Do not increase to more than

9.41 in (239.0 mm)

Each turn of the adjusting nut changes spring length and spring pre-load. One turn equals: spring length/spring pre-load:

Standard: 0.06 in (1.5 mm)/18 lbf (78 N)

Pin spanners should be used for turning the shock spring lock nut and adjusting nut. See page 181 for optional pin spanners.

(CRF450RX)

Spring pre-load length (Standard (medium) spring)

Standard: 9.19 in (233.5 mm)

Max. : 9.41 in (239.0 mm)

Min. : 8.94 in (227.0 mm)

(CRF450R/RWE)

Spring pre-load length (Standard (medium) spring)

Standard: 9.33 in (237.0 mm)

Max. : 9.41 in (239.0 mm)

Min. : 9.06 in (230.0 mm)

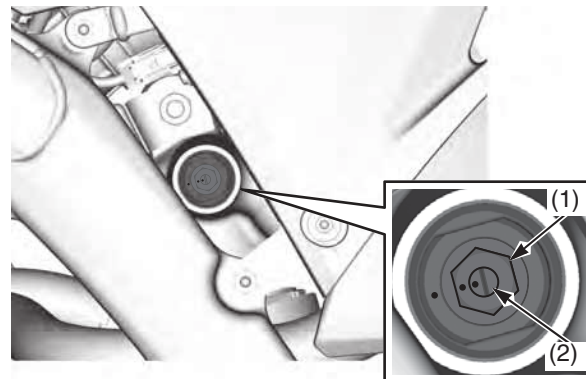
Rear Suspension Damping

Compression Damping

Compression damping may be adjusted in two stages with separate adjusters.

The high speed compression damping adjuster (1) is effective when damping adjustment is desired for high speed operation. The low speed compression damping adjuster (2) should be used when damping adjustment is desired at relatively low speeds.

- When adjusting the compression damping adjusters, make sure to use the proper size tool to avoid damage.
- Both the high and low speed compression damping can be increased by turning the appropriate adjuster clockwise.
- Adjust the high speed compression damping adjuster in 1/4 turn increments.
- Be sure the high speed compression adjuster is firmly located in a detent, and not between positions.



(1) high speed compression damping adjuster
(2) low speed compression damping adjuster

High Speed Damping:

The high speed damping can be adjusted by turning the hexagonal portion of the compression damping adjuster.

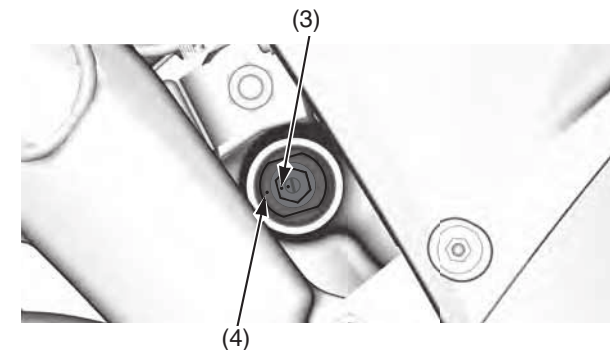
The high speed compression damping adjuster has 3 1/2 turns or more.

To adjust to the standard position:

1. Turn the adjuster clockwise (harder) until it will no longer turn (lightly seats).
2. (CRF450RX)
Turn the adjuster counterclockwise (softer) 3 1/6 turns. Further turn it by $\pm 1/4$, align the punch mark (3) on the adjuster and the punch mark (4) on the adjuster body.

(CRF450R/RWE)

Turn the adjuster counterclockwise (softer) 3 turns. Further turn it by $\pm 1/4$, align the punch mark (3) on the adjuster and the punch mark (4) on the adjuster body.



(3) high speed compression damping adjuster punch mark
(4) adjuster body punch mark