

# Front Suspension Adjustments

## Front Suspension Damping

### Compression Damping Adjustment

This adjustment affects how quickly the fork compresses. The fork compression damping adjuster has 16 clicks or more. Turning the compression damping adjuster screw (1) one full turn changes the adjuster 4 clicks. To adjust the adjuster to the standard position, proceed as follows:

Turn the adjuster clockwise (harder) until it will no longer turn (lightly seats). Turn the adjuster counterclockwise (softer) until it clicks. This click is position 1.

The standard position is 8 clicks.

Make sure that both fork legs are adjusted to the same position.

### Rebound Damping Adjustment

This adjustment affects how quickly the fork extends.

The fork rebound damping adjuster has 16 clicks or more. Turning the rebound damping adjuster screw (2) one full turn changes the adjuster 4 clicks. To adjust the rebound damping to the standard setting, proceed as follows:

Turn the adjuster clockwise (harder) until it will no longer turn (lightly seats). Turn the adjuster counterclockwise (softer) until it clicks. This click is position 1.

(CRF450RX)

The standard position is 15 clicks.

(CRF450R/RWE)

The standard position is 9 clicks.

Make sure that both fork legs are adjusted to the same position.

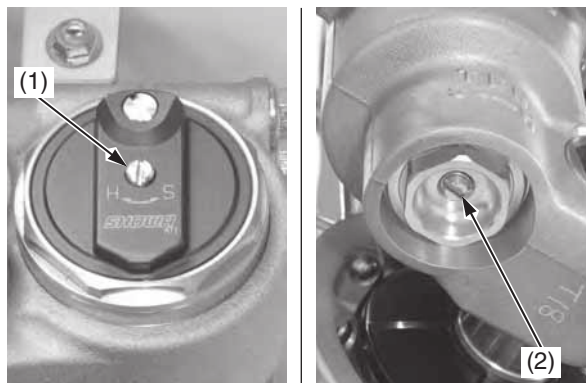
## NOTICE

*Always start with full hard when adjusting damping.*

*Do not turn the adjuster screw more than the given positions or the adjuster may be damaged.*

*Be sure that the compression and rebound adjusters are firmly located in a detent, and not between positions.*

*Both compression and rebound damping can be increased by turning the adjuster clockwise.*



(1) compression damping adjuster screw

(2) rebound damping adjuster screw

## Fork Springs

The fork springs in CRF's are about right for riders weighing between 170 lb (77 kg) and 200 lb (91 kg) (less riding gear). So if you're a heavier rider, you have to go up on the oil capacity or get a stiff spring. Do not use less oil than the minimum specified for each spring or there will be a loss of rebound damping control near full extension. If the fork is too stiff on big bumps, turn the compression damping adjuster counterclockwise 1-click and lower the oil capacity in increments of 0.2 US oz (5 cm<sup>3</sup>) in both fork legs until the desired performance is obtained. Do not, however, lower the oil capacity below the minimum oil capacity.

Minimum oil capacity (CRF450RX):

Standard spring: 10.5 US oz (309 cm<sup>3</sup>)

Soft spring: 10.4 US oz (307 cm<sup>3</sup>)

Stiff spring: 10.0 US oz (296 cm<sup>3</sup>)

Minimum oil capacity (CRF450R/RWE):

Standard spring: 10.3 US oz (304 cm<sup>3</sup>)

Soft spring: 10.5 US oz (309 cm<sup>3</sup>)

Stiff spring: 10.1 US oz (299 cm<sup>3</sup>)

When adjusting oil capacity, bear in mind that the air in the fork will increase in pressure while riding; therefore, the higher the oil capacity, the higher the eventual pressure of any air in the fork.