

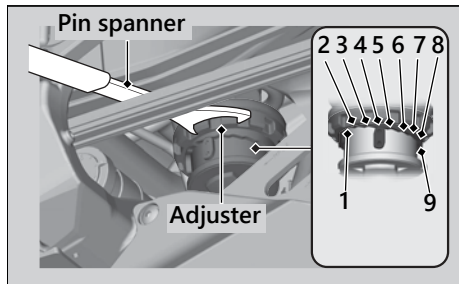
## Adjusting the Rear Suspension

Adjusting the suspension requires a pin spanner. We recommend that you have your motorcycle serviced by your dealer.

### Spring Preload

CBR1000RR/RA

You can adjust the spring preload by the adjuster to suit the load or the road surface. Turn the adjuster using the pin spanner. The preload adjuster has 9 positions. Positions 1 to 3 are for a decrease spring preload (soft), or turn the position 5 to 9 increase spring preload (hard). The standard position is 4.



#### NOTICE

Do not turn the adjuster beyond its limits. Attempting to adjust directly from 1 to 9 or 9 to 1 may damage the shock absorber.

#### NOTICE

The rear shock absorber damper unit contains high pressure nitrogen gas. Do not attempt to disassemble, service, or improperly dispose of the damper. See your dealer.