

Rear Suspension Adjustments

Low Speed Damping:

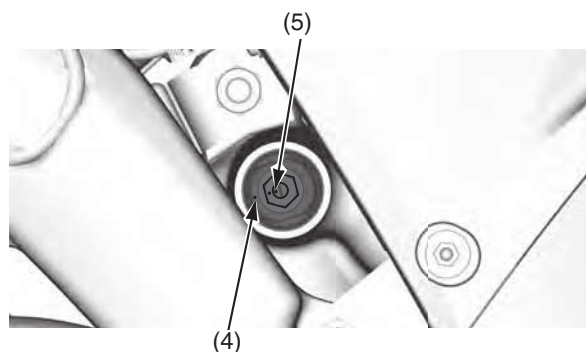
The low speed damping can be adjusted by turning the center screw of the compression damping adjuster.

The low speed compression damping adjuster has 13 clicks or more.

Turning the adjuster one full turn changes the adjuster 4 clicks.

To adjust to the standard position:

1. Turn the adjuster clockwise (harder) until it will no longer turn (lightly seat). Turn the adjuster counterclockwise (softer) until it clicks. This click is position 1.
2. (CRF450RX/RWE)
Set the adjuster 10 clicks and adjust it until the punch mark (5) on the adjuster and the punch mark (4) on the adjuster body are aligned.
(CRF450R)
Set the adjuster 9 clicks and adjust it until the punch mark (5) on the adjuster and the punch mark (4) on the adjuster body are aligned.



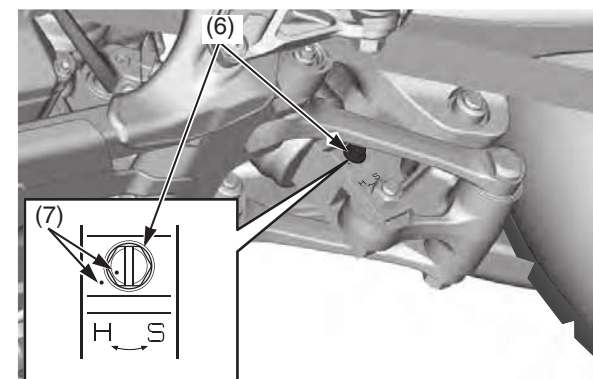
(4) adjuster body punch mark
(5) low speed compression damping adjuster punch mark

Rebound Damping

The rebound damping adjuster (6) is located at the lower end of the rear shock absorber.

It has 17 clicks or more. Turning the adjuster one full turn changes the adjuster 8 clicks.

- Rotate adjuster gently to prevent damage to the rear shock absorber.
- When adjusting the rebound damping adjuster, make sure to use the proper size tool to avoid damage.
- Rebound damping can be increased by turning the adjuster clockwise.
- Be sure that the rebound adjuster is firmly located in a detent, and not between positions.



(6) rebound damping adjuster (7) punch marks

To adjust to the standard position:

1. Turn the adjuster clockwise (harder) until it will no longer turn (lightly seat). Turn the adjuster counterclockwise (softer) until it clicks. This click is position 1.
2. (CRF450RX)
Set the adjuster 8 to 11 clicks and adjust it until the punch marks (7) on the adjuster and the rear shock absorber are aligned.
(CRF450R/RWE)
Set the adjuster 6 to 9 clicks and adjust it until the punch marks (7) on the adjuster and the rear shock absorber are aligned.