

PRO CIRCUIT

01/07



RACE PROVEN

PRO CIRCUIT LINKAGE SYSTEM ASSEMBLY INSTRUCTIONS

Pro Circuit Linkage System Part Number: HLS05450
Applications: '05 - '07 Honda CRF450R



MADE IN USA

We at Pro Circuit Products, Inc. appreciate your purchase of the Pro Circuit linkage system. Pro Circuit Products, Inc. has made every effort to supply the highest quality product that is unmatched by any other manufacturer today. In the event that you have any type of problems or questions, please call us at 951.738.8050.

Your Pro Circuit linkage system for the '05 - '07 Honda CRF450R is designed to create a smoother and more stable feeling through acceleration and deceleration bumps, without sacrificing bottoming resistance. And although revalving your suspension by Pro Circuit will make a considerable improvement, the Pro Circuit linkage system alone will be a major improvement over the stock setup. Also, installing the Pro Circuit linkage system will not effect the race sag, static sag or spring rate.

PLEASE READ ALL INSTRUCTIONS THOROUGHLY BEFORE INSTALLATION.

Failure to follow all installation instructions completely will void any Pro Circuit Products, Inc. warranty implied or otherwise. Pro Circuit Products, Inc. will not be held responsible for problems derived from improper installation and/or improper usage.

Before you begin installing this product, be sure you are wearing eye protection and gloves. You should have a complete understanding of how to remove and replace your existing linkage system. If you do not, you should have it installed by a professional mechanic.

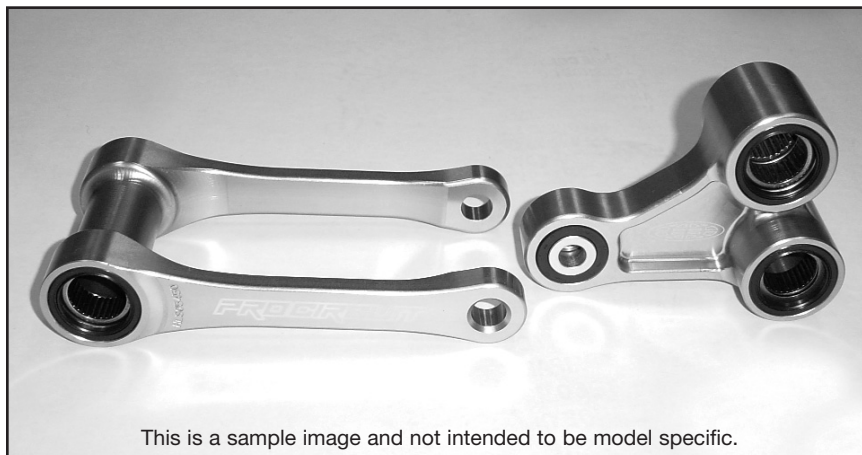
Keep all OEM parts when removing your existing linkage system, as some parts may be utilized with the Pro Circuit linkage system, depending on your particular application.

TOOLS & SUPPLIES REQUIRED:

- 14mm wrench
- 17mm socket or T-handle wrench
- 19mm socket or T-handle wrench
- Torque wrench
- Jack or Stand
Pro Circuit Works Stand
- Bearing grease
Maxima waterproof grease

PARTS INCLUDED:

PRO CIRCUIT LINKAGE SYSTEM



- 1 - Linkage arm
- 1 - Link

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PRE-INSTALLATION: PREPARING THE MOTORCYCLE

- 1 Using a jack or stand under the frame, raise the rear wheel off the ground.

REMOVAL: STOCK LINKAGE SYSTEM

CAUTION: When pulling out the mounting bolts, lift the rear wheel slightly. Forcing or tapping on a bolt could damage the bolt, sleeve and bearing.

- 1 Remove the stock lower mounting bolt and nut from where the shock absorber is connected to the stock link.
- 2 Remove the stock bolt, nut and washer from where the stock linkage arm is connected to the stock link.
- 3 Remove the stock bolt, nut and washer from where the stock link is connected to the swingarm.
- 4 Remove the stock link.
- 5 Remove the stock bolt, nut and washer from where the stock linkage arm is connected to the frame.
- 6 Remove the stock linkage arm.
- 7 Remove the stock side collars and pivot collars from the stock link.
- 8 Remove the stock side collars, dust seals and pivot collar from the stock linkage arm.

NOTE: It is very important to check all bearings, seals, end caps and sleeves for damage and proper lubrication. Inspect all linkage system bolts, especially the main link bolt for wear and proper straightness. Main link bolts are prone to bend during hard use. A bent bolt will cause binding, impeding handling and stability. Also, clean all of these parts thoroughly before using.

INSTALLATION: PRO CIRCUIT LINKAGE SYSTEM

- 1 Apply plenty of bearing grease to the dust seal lips, side collar and bearings on the Pro Circuit link.

NOTE: Make sure the needle bearing rollers are in position before installing.

- 2 Install the stock dust seals, pivot collar and side collars to the Pro Circuit link and place to the side.
- 3 Apply plenty of bearing grease to the dust seal lips, side collar and bearings on the Pro Circuit linkage arm.
- 4 Install the stock dust seals, pivot collar and side collars to the Pro Circuit linkage arm and place to the side.

NOTE: Make sure the needle bearing rollers are in position before installing.

- 5 Install the Pro Circuit linkage arm to the frame, using the stock bolt, nut and washer.
 - TIGHTEN THE BOLT BY HAND ONLY, AT THIS TIME.
- 6 Install the Pro Circuit link to the swingarm, using the stock bolt, nut and washer.
 - TIGHTEN THE BOLT BY HAND ONLY, AT THIS TIME.
- 7 Install the Pro Circuit link to the Pro Circuit linkage arm, using the stock bolt, nut and washer.
 - TIGHTEN THE BOLT BY HAND ONLY, AT THIS TIME.
- 8 Install the Pro Circuit link to the shock absorber, using the stock lower mounting bolt and nut.
 - TIGHTEN THE BOLT BY HAND ONLY, AT THIS TIME.
- 9 Tighten all the nuts with the following torque specifications.
 - Nut connecting the Pro Circuit linkage arm to the frame **TORQUE:** 53 N•m (5.4 kg-m, 39 lb-ft)
 - Nut connecting the Pro Circuit link to the swingarm **TORQUE:** 53 N•m (5.4 kg-m, 39 lb-ft)
 - Nut connecting the Pro Circuit link to the Pro Circuit linkage arm **TORQUE:** 53 N•m (5.4 kg-m, 39 lb-ft)
 - Lower mounting bolt and nut connecting the Pro Circuit link to the shock absorber **TORQUE:** 44 N•m (4.5 kg-m, 33 lb-ft)

POST-INSTALLATION: INSPECTION

- 1 Congratulations. You have now completed the assembly of your Pro Circuit linkage system.
- 2 Periodically check all the bolts to ensure that they are properly fastened.