



XTrainer Fork Cartridge Kit

Part# AB-10046

For: 2015+ XTrainer with stock forks

Installation Instructions, read entire instructions page before beginning.
Recommended Beta Fork tool# 036.44.008.82.00 & Motul 5W fork oil.

Left Fork Leg, figs 1 & 2:

1. Unscrew top fork cap from left fork tube with tool 036.44.008.82.00.
2. Remove cartridge rod by first loosening jam nut, then remove rod.
3. Invert outer fork tube & drain the oil into a suitable container.
4. Loosen hex screw from lower fork axle lug & remove cartridge.
5. Install the new BPS K-9 cartridge, tighten hex screw to 30nm.
6. Measure out 550cc's of new fork oil & pour into outer fork tube.
7. Tighten top fork cap onto cartridge rod, tighten jam nut to 16nm.
8. Tighten fork cap onto outer fork leg, torque to 10nm.

Right Fork Leg, figs 3 & 4:

1. Unscrew top fork cap from right fork leg with tool 036.44.008.82.00.
2. Remove cartridge rod by first loosening jam nut, then remove rod.
3. Invert fork tube & drain the oil into a suitable container.
4. Loosen retainer clip & fork seals, slide them down the fork leg.
5. Remove outer right fork tube.
6. Heat up & loosen lock nut using tool # 036.44.008.82.00
7. Remove stock fork spring, remove the metering rod.
8. Install new metering rod, reinstall stock fork spring.
9. Apply medium blue Loctite to rod threads, tighten locknut to 30nm.
10. Slide outer fork tube over the lower fork leg.
11. Reinstall fork seals & retainer clip.
12. Measure out 525cc's of new fork oil & pour into outer fork tube.
13. Tighten fork cap onto rod until snug, tighten jam nut to 16nm.
14. Tighten fork cap onto outer fork leg, torque to 10 nm.

