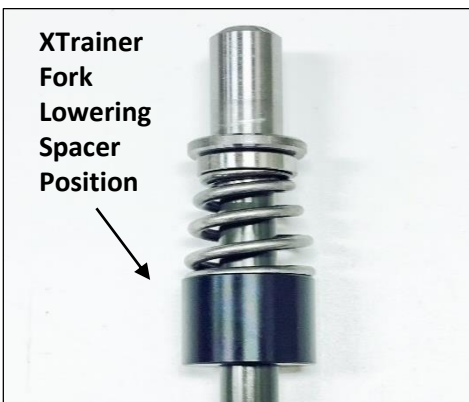




Xtrainer 1" & 2" Lowering Kit

Part# AB-41104 2" & AB-41103 1" Kits

Fits: All 2015+ XTrainers



Lowering Instructions for right front fork leg:

Note: These instruction guidelines are for qualified motorcycle technicians & suspension specialists only.

1. Tools: 32mm open-end wrench or socket, snap-ring pliers, 14mm open-end wrench, bench-vise, graduated cylinder, Motul 10wt fork fluid, & shorter fork springs; AB-12077-xx(1" kit) or AB-12078-xx(2" kit),
2. Remove right fork leg, unscrew 32mm cap from upper tube, & lower until bottomed. Use 14mm wrench on jam nut & unscrew from cartridge rod.
3. Apply downward pressure on cartridge rod, remove snap-ring from groove in lower fork tube. Remove cartridge rod assembly & slide off snap-ring, steel washer & top out spring. Remove stock length fork spring.
4. Re-install top out spring with 1" or 2" lowering spacer, steel washer, snap ring, & 14mm jam nut onto cartridge rod.
5. Fill lower fork tube with Motul 10wt. fork fluid, 475cc for 1" kit, 450cc for 2" kit (stock is 500cc). Install lower Fork Spring with tapered end facing upward.
6. Re-install cartridge rod, securing snap-ring in lower fork tube groove, tighten fork cap onto cartridge rod until bottomed, torque cap to 18 ft. lbs.
7. Raise upper fork tube to fork cap & tighten cap (20 ft. lbs.) to upper fork tube. Reinstall right front fork leg assembly into triple clamps.

Lowering Instructions for Rear Shock:

1. Tools: AB-15038 Rod Holding Tool, 2.5mm Allen wrench, 21mm open-end wrench, crescent wrench, bench vise, red Loctite, spring seat spanner wrench holding tool.
2. Remove rear shock, unscrew 2.5mm set-screw (& plastic plug) from spring seat collar. Turn spring seat collar counter-clockwise & remove it with spring.
3. Using shock shaft clamp tool, part# AB-15038, clamp shaft in bench vise. Heat stock clevis at shaft end but don't overheat, unscrew counter-clockwise for clevis removal.
4. Install lowering spacer (AB-41104 2" or AB-41103 1"), oriented as shown on shock shaft. Clean shaft end threads of old Loctite, apply red Loctite to shaft end threads & inside lower clevis threads.
5. Screw clevis by hand onto shaft until bottomed out. Use a 21mm wrench on flat surface of clevis to secure it tightly. Reinstall rear shock.