



FITTING INSTRUCTIONS FOR AB0020BK UPPER ADVENTURE BARS
HONDA AFRICA TWIN (CRF1000L) 2016-

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THIS KIT CONTAINS THE ITEMS PICTURED AND LABELLED BELOW.
DO NOT PROCEED UNTIL YOU ARE SURE ALL PARTS ARE PRESENT.

Please note that the way the kit is packed does not necessarily represent the way of mounting to the bike

Please note that in cases where kits are packed with rubber washers holding the components onto the bolt – *the rubber washers should be thrown away!*

THE PARTS SHOWN MAY BE REPRESENTATIVE ONLY (FOR CLARITY OF INSTRUCTIONS ONLY)

Digital copies of these instructions are available to download from www.rg-racing.com

GENERAL TORQUE SETTINGS

M4 BOLT = 8Nm

M5 BOLT = 12Nm

M6 BOLT = 15Nm

M8 BOLT = 20Nm

M10 BOLT = 40Nm

TOOLS REQUIRED

- Socket set to include a 12, 13, 14 and 17mm sockets and wrench and/or spanners.
 - Set of Allen keys to include 4 and 5mm A/F.
 - Torque wrench (up to 40Nm).

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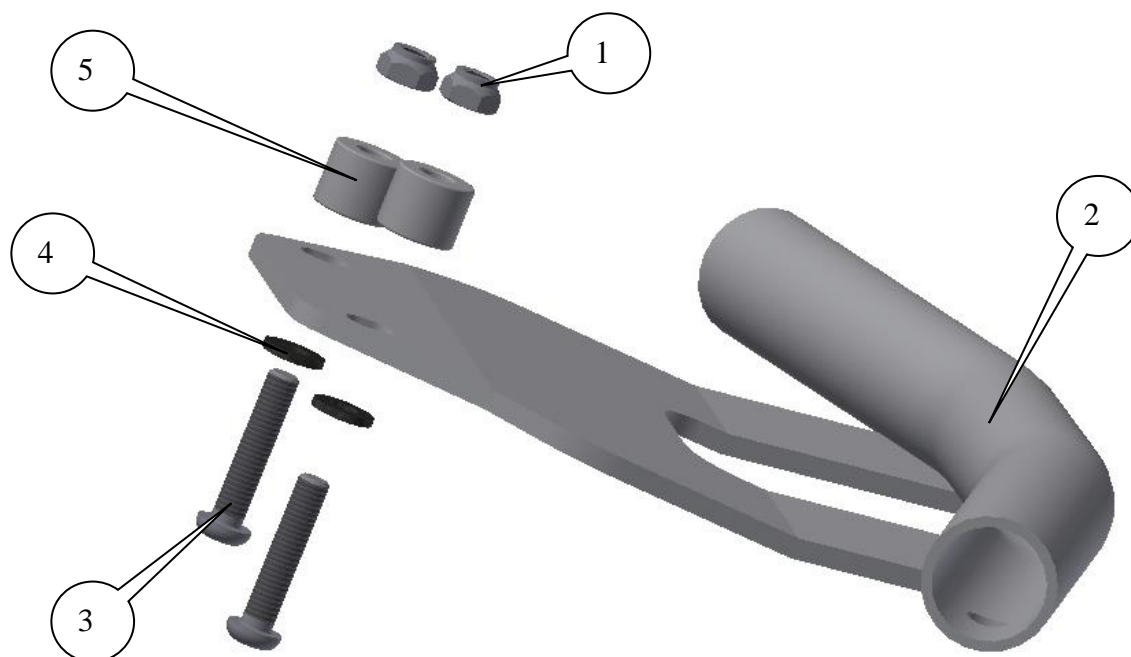
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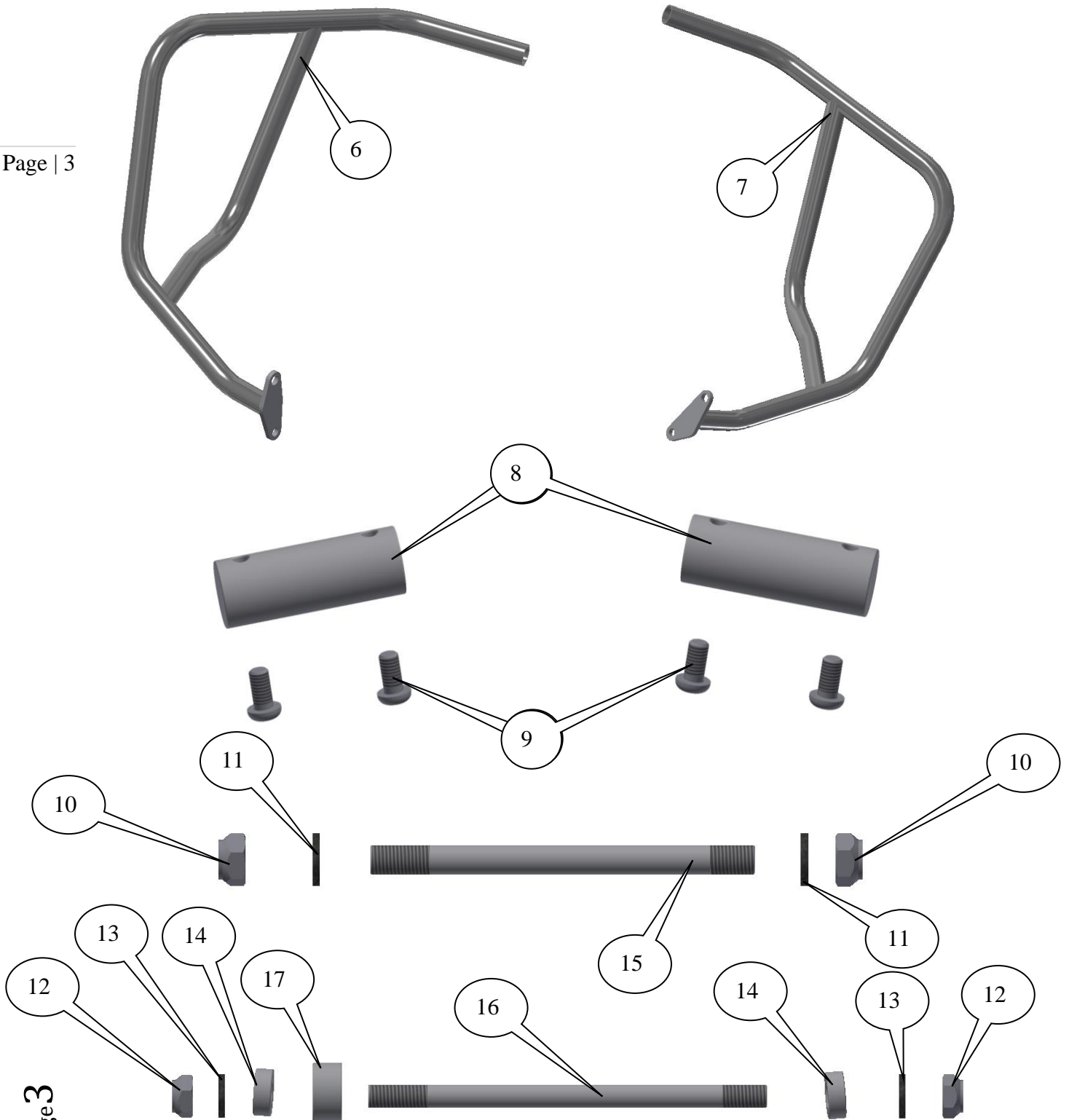


In This Kit, There Should Be

- 1x Left Hand Side Adventure Bar (CB051).
- 1x Right Hand Side Adventure Bar (CB052).
 - 1x Link Bracket (AB0020 MOUNT).
 - 2x Tube Connecting Blocks (M0445).
- 1x M10 Spindle Bar 130mm Long (SB0122).
- 1x M8 Spindle Bar 135mm Long (SB0123).
 - 2x M10 Nyloc Nuts.
 - 2x M10 Washers.
 - 2x M8 Nyloc Nuts.
 - 2x M8 Washers.
 - 2x M6 Nyloc Nuts.
 - 2x M6 Washers.
- 2x Spacers 12mm Long (S0944).
- 2x Spacers 6mm Long (S0299).
- 1x Spacer 10mm Long (S0995).

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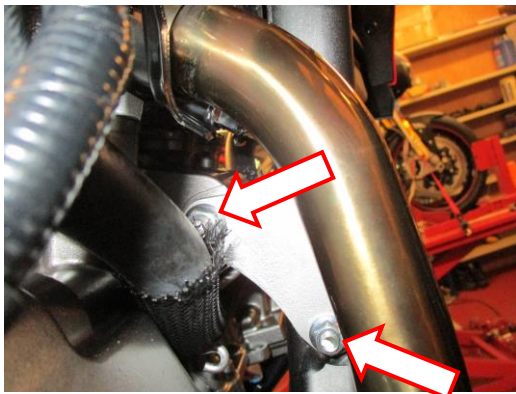




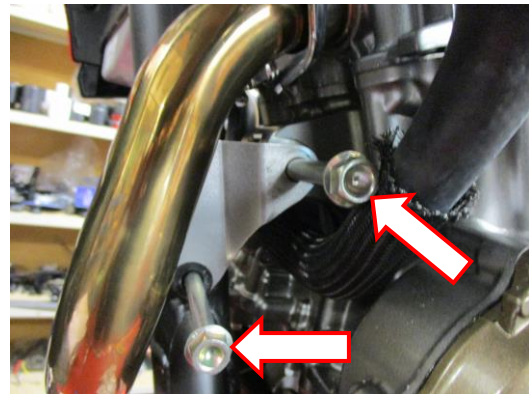


LEGEND

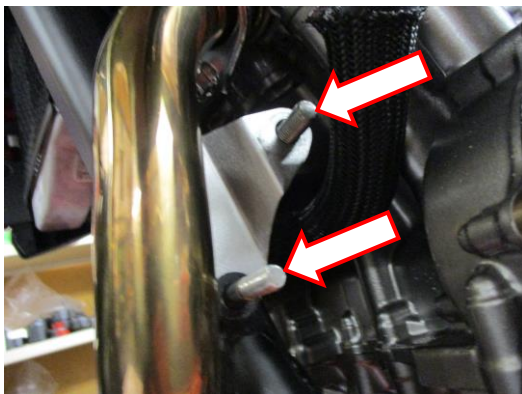
- ITEM 1 = M6 NYLOC NUTS (x2).
- ITEM 2 = AB0020 MOUNT LINK BRACKET WELDED ASSEMBLY (x1).
- ITEM 3 = M6 x 30mm LONG BUTTON HEAD BOLTS (x2).
- ITEM 4 = M6 WASHERS (x2).
- ITEM 5 = SPACERS (S0994=12mm LONG) (x2).
- ITEM 6 = ADVENTURE BAR LEFT-HAND SIDE (CB051=WELDED ASSEMBLY) (x1).
- ITEM 7 = ADVENTURE BAR RIGHT-HAND SIDE (CB052=WELDED ASSEMBLY) (x1).
- ITEM 8 = TUBE CONNECTING BLOCKS (M0455) (x2).
- ITEM 9 = M6 x 12mm LONG BUTTON HEAD BOLTS (x4).
- ITEM 10 = M10 NYLOC NUTS (x2).
- ITEM 11 = M10 WASHERS (x2).
- ITEM 12 = M8 NYLOC NUTS (x2).
- ITEM 13 = M8 WASHERS (x2).
- ITEM 14 = SPACERS (S0299=6mm LONG) (x2).
- ITEM 15 = M10 SPINDLE BAR (SB122=130mm LONG) (x1).
- ITEM 16 = M8 SPINDLE BAR (SB123=135mm LONG) (x1).
- ITEM 17 = SPACER (S0995=10mm LONG) (x2).



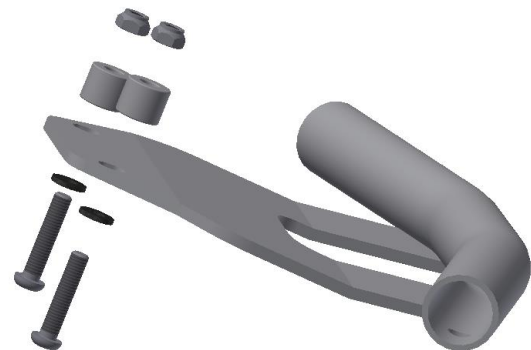
PICTURE 1



PICTURE 2



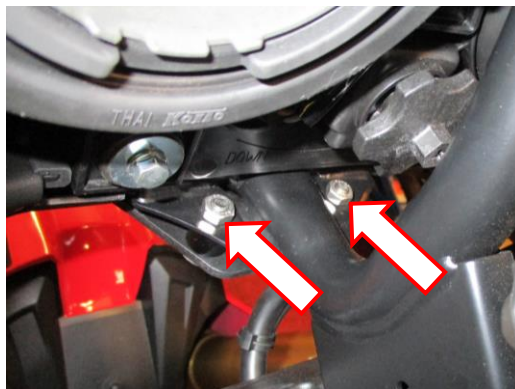
PICTURE 3



PICTURE 4



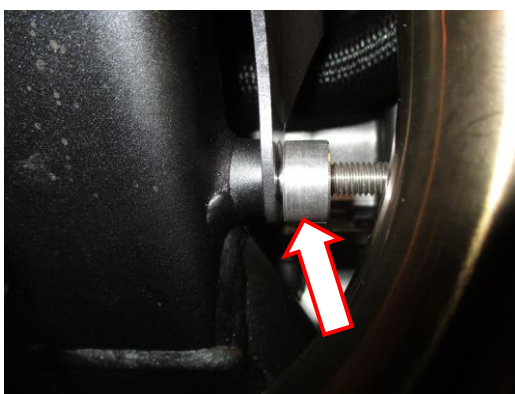
PICTURE 5



PICTURE 6



PICTURE 7



PICTURE 8



PICTURE 9

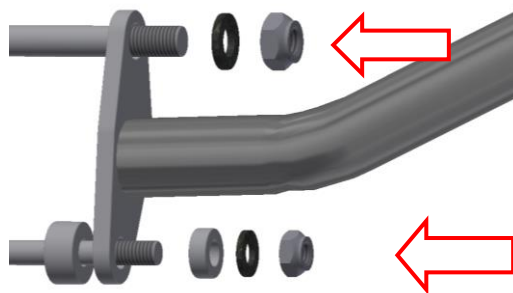


PICTURE 10

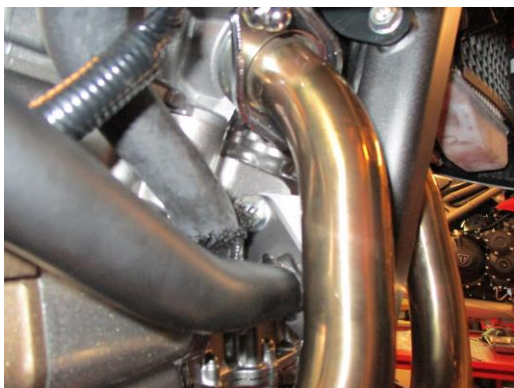
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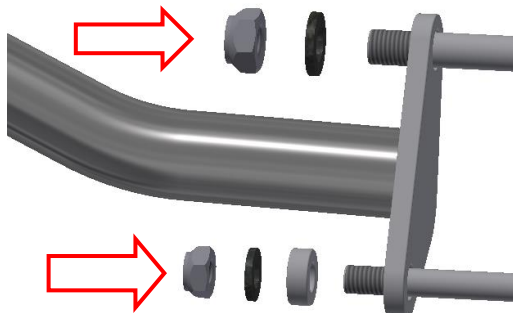
PICTURE 11



PICTURE 12



PICTURE 13



PICTURE 14



PICTURE 15



PICTURE 16

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FITTING INSTRUCTIONS

Off side (right side as you sit on bike)

- Remove the two nuts arrowed in picture 1.

Near side (left side as you sit on bike)

- Remove the two original bolts arrowed in picture 2 and replace them with the two spindle bars (items 15 and 16) the larger one fits into the uppermost hole, leaving equal amounts protruding from either side as shown in picture 3.
- Take the two longer M6 button head bolts with washers (items 3 and 4) through the slots in the AB0020 mount link bracket (item 2) and place the two spacers (item 5=12mm long) onto the exposed end of the bolt as shown in picture 4.
- Offer this assembly into position as shown in picture 5 and secure using the two M6 Nyloc nuts (items 1) as shown in picture 6 (please fully engage the nuts but do not fully tighten at this stage).
- Place one of the tube connecting blocks (item 8) into the open end of the AB0020 mount link bracket and locate in position using one of the smaller M6 bolts (item 9) as shown in picture 7 (do not fully tighten at this stage).
- Place the spacer (item 17=10mm long) over the exposed end of the lower spindle bar as shown in pictures 8 and 9.
- Offer the left-hand side adventure bar (item 6) into position as shown in picture 10, place one of the M10 washers (item 11) and one of the M10 Nyloc nuts (item 10) onto the upper spindle bar (do not tighten at this stage) as shown in pictures 10 and 12.
- Locate the upper end of the adventure bar into the exposed end of the tube connecting block and secure using one of the smaller M6 button head bolts (item 9) as shown in picture 11.
- If not using AB0021 (lower adventure bars) place one of the thinnest spacers (item 14=6mm wide) followed by one of the M8 washers (item 13) and one of the m8 Nyloc nuts (item 12) onto the lower spindle bar as shown in picture 12 (do not tighten at this stage).

Off side (right side as you sit on bike)

- Place the remaining tube connecting block (item 8) into the open end of the AB0020 mount link bracket and locate in position using one of the smaller M6 bolts (item 9) as shown in picture 15 (do not fully tighten at this stage).
- Offer the right-hand side adventure bar (item 7) into position as shown in picture 13, place one of the M10 washers (item 11) and one of the M10 Nyloc nuts (item 10) onto the upper spindle bar (do not tighten at this stage) as shown in picture 14.
- Locate the upper end of the adventure bar into the exposed end of the tube connecting block and secure using one of the smaller M6 button head bolts (item 9) as shown in picture 16.
- If not using AB0021 (lower adventure bars) place one of the thinnest spacers (item 14=6mm wide) followed by one of the M8 washers (item 13) and one of the m8 Nyloc nuts (item 12) onto the lower spindle bar as shown in picture 14 (do not tighten at this stage).
- Finally tighten all nuts and bolts ensuring no parts of the adventure bars contacts or can cause damage to any of the motorcycle parts.



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