



FITTING INSTRUCTIONS FOR AB0021BK LOWER ADVENTURE BARS
HONDA AFRICA TWIN (CRF1000L) 2016-



Picture A



picture B

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).

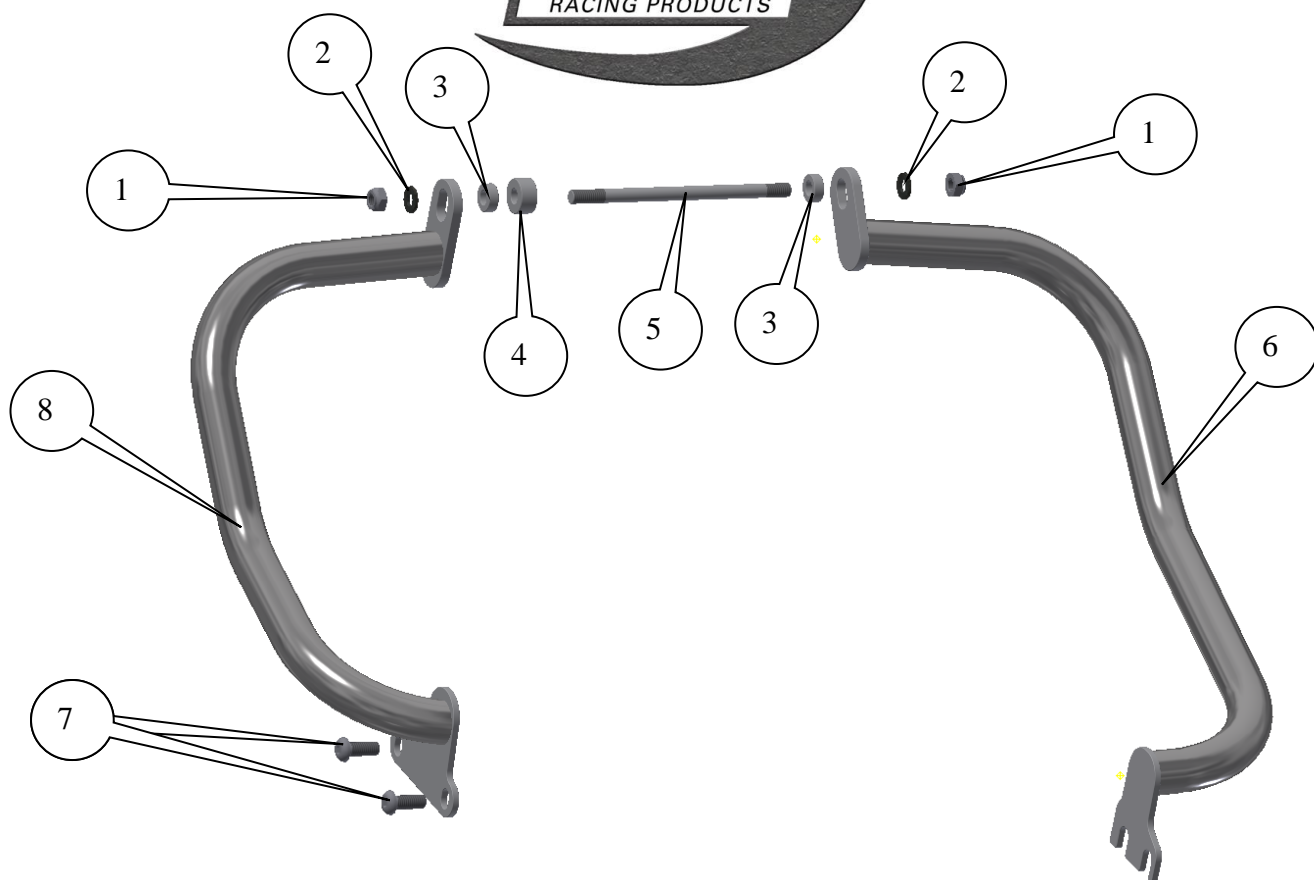
In This Kit, There Should Be

- 1x Left Hand Side Adventure Bar (CB053).
- 1x Right Hand Side Adventure Bar (CB054).
- 1x M8 Spindle Bar 135mm Long (SB0123).
 - 2x M8 Nyloc Nuts.
 - 2x M8 Washers.
- 2x M8x20mm Long Button Head Bolts.

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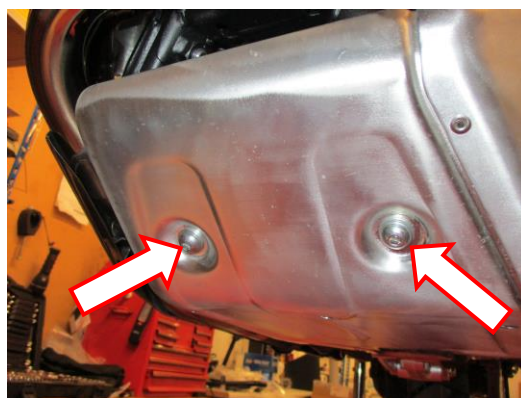


LEGEND

- ITEM 1 = M8 NYLOC NUTS (x2).
- ITEM 2 = M8 WASHERS (x2).
- ITEM 3 = SPACERS (S0299=6mm LONG) (x2).
- ITEM 4 = SPACER (S0995=10mm LONG) (x1).
- ITEM 5 = M8 SPINDLE BAR (SB123=135mm LONG) (x1).
- ITEM 6 = ADVENTURE BAR RIGHT-HAND SIDE (CB054=WELDED ASSEMBLY) (x1).
- ITEM 7 = M8 x 20mm LONG BUTTON HEAD BOLTS (x2).
- ITEM 8 = ADVENTURE BAR LEFT-HAND SIDE (CB053=WELDED ASSEMBLY) (x1).



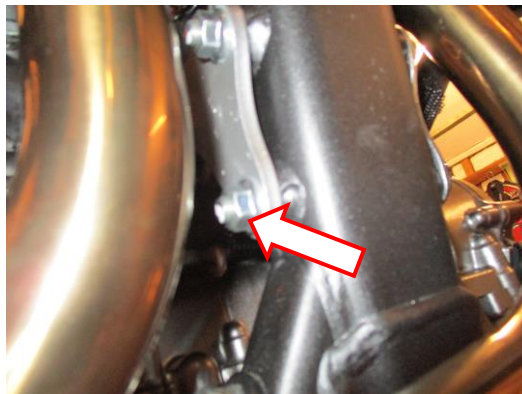
PICTURE 1



PICTURE 2



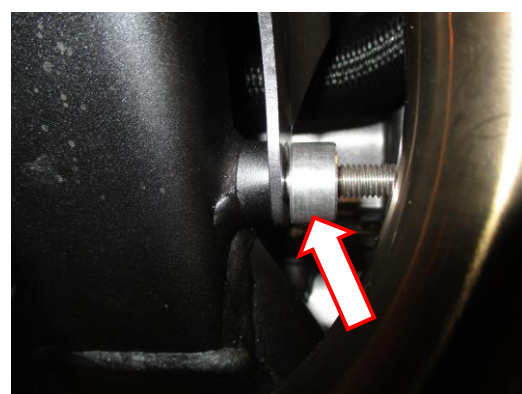
PICTURE 3



PICTURE 4



PICTURE 5



PICTURE 6

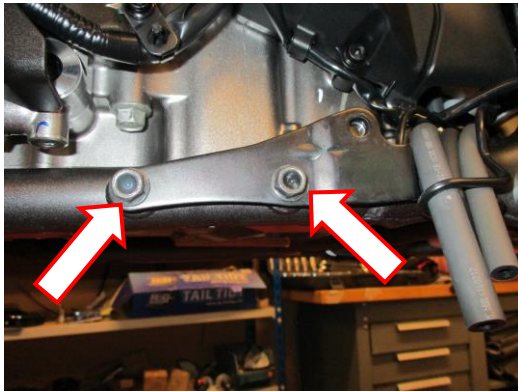


PICTURE 7

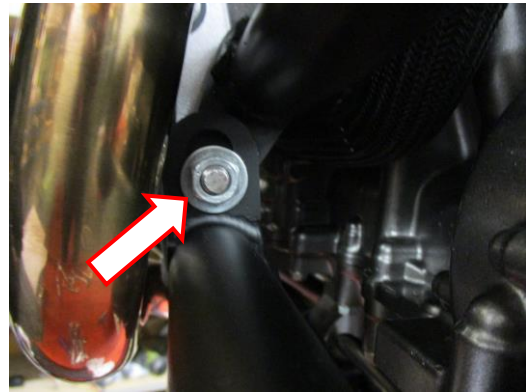


PICTURE 8

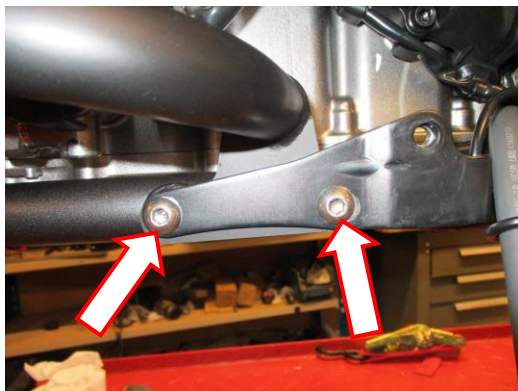
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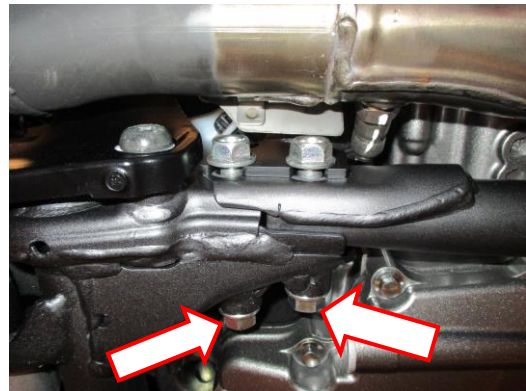
PICTURE 9



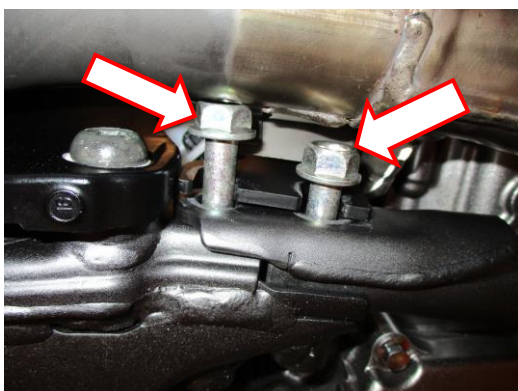
PICTURE 10



PICTURE 11



PICTURE 12



PICTURE 13



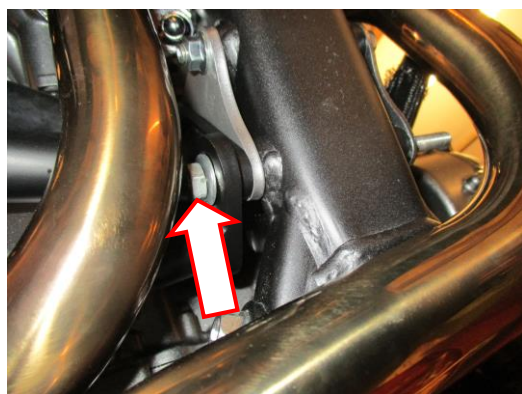
PICTURE 14



PICTURE 15



PICTURE 16



PICTURE 17



PICTURE 18

FITTING INSTRUCTIONS

Near side (left side as you sit on bike)

- Remove the three bolts arrowed in pictures 1 and 2.
- Gently lower the sump guard and disengage the locator arrowed in picture 3 and remove the sump guard.
- Remove the nut arrowed in picture 4 and replace the bolt with the spindle bar supplied (item 5) as shown in picture 5.
- Place the thicker spacer (item 4=10mm wide) over the exposed bar on the left-hand side as shown in pictures 6 and 7.
- If not fitting AB0020 upper adventure bars place one of the thinner spacers (item 3) over the exposed bar on the left-hand side as shown in picture 8 so it sits against the spacer just fitted.
- Remove the two bolts arrowed in picture 9 and remove the sump guard mounting bracket/hose guide.
- Offer the left-hand side adventure bar (item 8) into position as shown in top picture A.
- Place one of the M8 washers (item 2) and one of the M8 Nyloc nuts (item 1) over the exposed spindle bar as shown in picture 10 (please ensure the nut is fully engaged).
- Remount the sump guard mounting bracket/hose guide and secure in place using the two M8 button head bolts as shown in picture 11 (refit the hoses as original).

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- Undo and slacken the two nuts arrowed in picture 12 (pictured from under the motorcycle) and pull the bolts away from the frame as shown in picture 13.
- Place the remaining thin spacer (item 3) over the exposed end of the spindle bar on the right-hand side as shown in picture 14.
- Carefully offer the right-hand side adventure bar (item 6) into position as shown in top picture B.
- Gently position the lower mounting bracket between the frame and exhaust as shown in picture 15 and the front mounting bracket into position as shown in picture 16.
- Place the remaining M8 washer (item 2) and the remaining M8 Nyloc nut (item 1) over the exposed end of the spindle bar as shown in picture 17.
- Finally tighten all nuts and bolts to secure both sides of the adventure bars.
- Refit the sump guard as original.

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