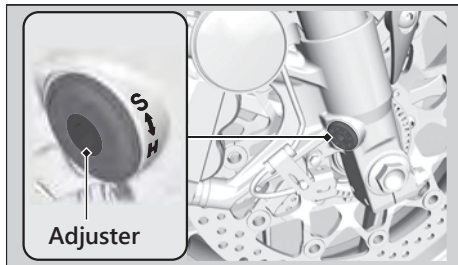


Adjusting the Front Suspension

Spring Preload

CBR1000RR/RA

You can adjust the spring preload by the adjuster to suit the load or the road surface. The spring preload adjuster has 15 turns. Turn clockwise to increase spring preload (hard), or turn counterclockwise to decrease spring preload (soft). The standard position is the 7 1/2 turns from the full soft position.



NOTICE

Do not turn the adjuster beyond its limits. Adjust both left and right forks to the same spring preload.