

# Suspension

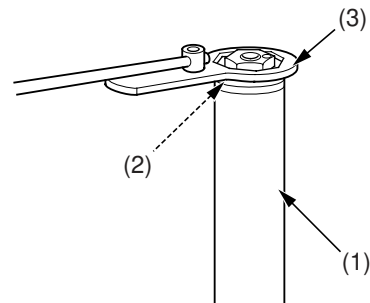
## Recommended Fork Oil

viscosity (weight)	5 W
suggested oil	Honda ULTRA CUSHION OIL SPECIAL or equivalent

## Fork Oil Change

Refer to *Front Suspension Disassembly* on page 109.

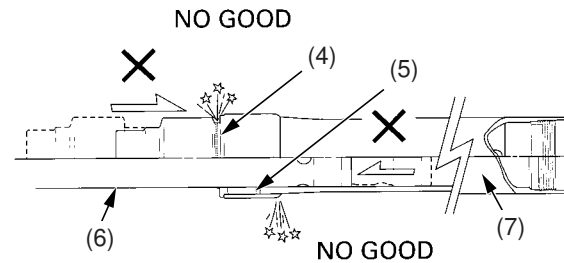
1. Record the rebound damping adjuster position and turn the adjuster counterclockwise until it stops.
2. Hold the outer tube (1), then remove the fork damper (2) from the outer tube using the lock nut wrench (3).



(1) outer tube  
(2) fork damper  
(3) lock nut wrench

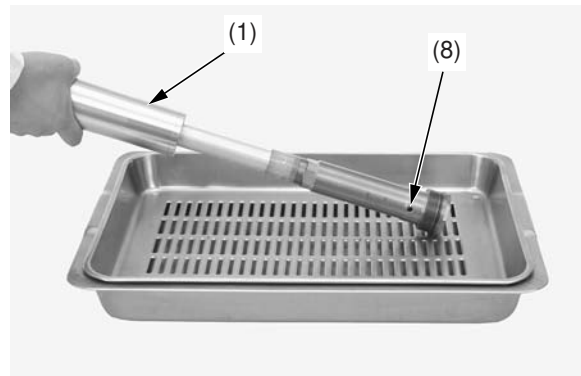
### NOTICE

The outer tube can drop on the slider and damage the fork dust seal and guide bushing when the fork damper is removed. To avoid damage hold both the outer tube and slider when removing the fork damper.



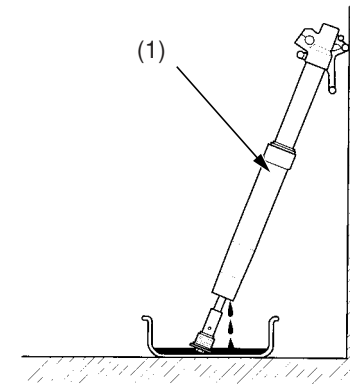
(4) dust seal  
(5) guide bushing  
(6) slider  
(7) outer tube

3. Drain the fork oil from the outer tube (1). Drain the fork oil from the oil hole (8) of the fork damper.



(1) outer tube  
(8) oil hole

4. Drain the fork oil by turning the outer tube (1) upside down. (About 12 cc of fork oil will be left in the outer tube when it is left inverted for about 20 minutes at 20 °C/68°F.)



(1) outer tube

Amount of fork oil left in the fork (within damper and spring) unit: cc

minute °C/°F	5	10	20	35	55	85	145
30/86	27	15.3	10.6	9.4	8.3	7.9	7.9
20/68	29.4	16.5	11.8	10.6	9.4	8.2	8.2
10/50	28.2	21.2	16.5	15.3	12.9	11.8	11.8
0/32	30.6	22.4	18.8	16.5	16.5	15.3	14.1

