

## Shifting Gears *(Continued)*

### VFR1200XD/XDA

Your motorcycle is equipped with an automatically controlled 6-speed transmission. It can be shifted automatically (by AT MODE) or manually (by MT MODE).

## Recommended Shift Points

### Shifting Up

From 1st to 2nd	16 mph (25 km/h)
From 2nd to 3rd	22 mph (35 km/h)
From 3rd to 4th	28 mph (45 km/h)
From 4th to 5th	34 mph (55 km/h)
From 5th to 6th	37 mph (60 km/h)

### Shifting Down

From 6th to 5th	34 mph (55 km/h)
From 5th to 4th	31 mph (50 km/h)
From 4th to 3rd	25 mph (40 km/h)
From 3rd to 2nd	19 mph (30 km/h)
From 2nd to 1st	12 mph (20 km/h)

### NOTICE

Improper shifting can damage the engine, transmission, and drive train. Also, coasting or towing the motorcycle for long distances with the engine off can damage the transmission.