



## **FITTING INSTRUCTIONS FOR FP0289 FORK PROTECTORS**



**THIS KIT CONTAINS THE ITEMS PICTURED AND LABELLED OVER PAGE.**

SOME PARTS MAY BE SHOWN FOR CLARITY OF INSTRUCTIONS ONLY.

DO NOT PROCEED UNTIL YOU ARE SURE ALL PARTS ARE PRESENT.

**PLEASE READ ALL INSTRUCTIONS BEFORE PROCEEDING.**

**IF IN ANY DOUBT WHEN FITTING OUR PRODUCTS, CONSULT ONE OF OUR DEALERS  
OR HAVE FITTED BY A QUALIFIED TECHNICIAN.**

PLEASE NOTE THAT THE WAY THE KIT IS PACKED DOES NOT NECESSARILY REPRESENT THE WAY OF  
MOUNTING TO THE BIKE.

IN THE EVENT OF RUBBER WASHERS BEING USED TO HOLD COMPONENTS ONTO BOLTS,  
THESE RUBBER WASHERS CAN BE THROWN AWAY.

**DIGITAL COPIES OF THESE INSTRUCTIONS ARE AVAILABLE FROM:**

[WWW.RG-RACING.COM](http://WWW.RG-RACING.COM)

R&G Racing  
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Tel: +44 (0)1420 89007 [www.rg-racing.com](http://www.rg-racing.com) Email: [info@rg-racing.com](mailto:info@rg-racing.com)

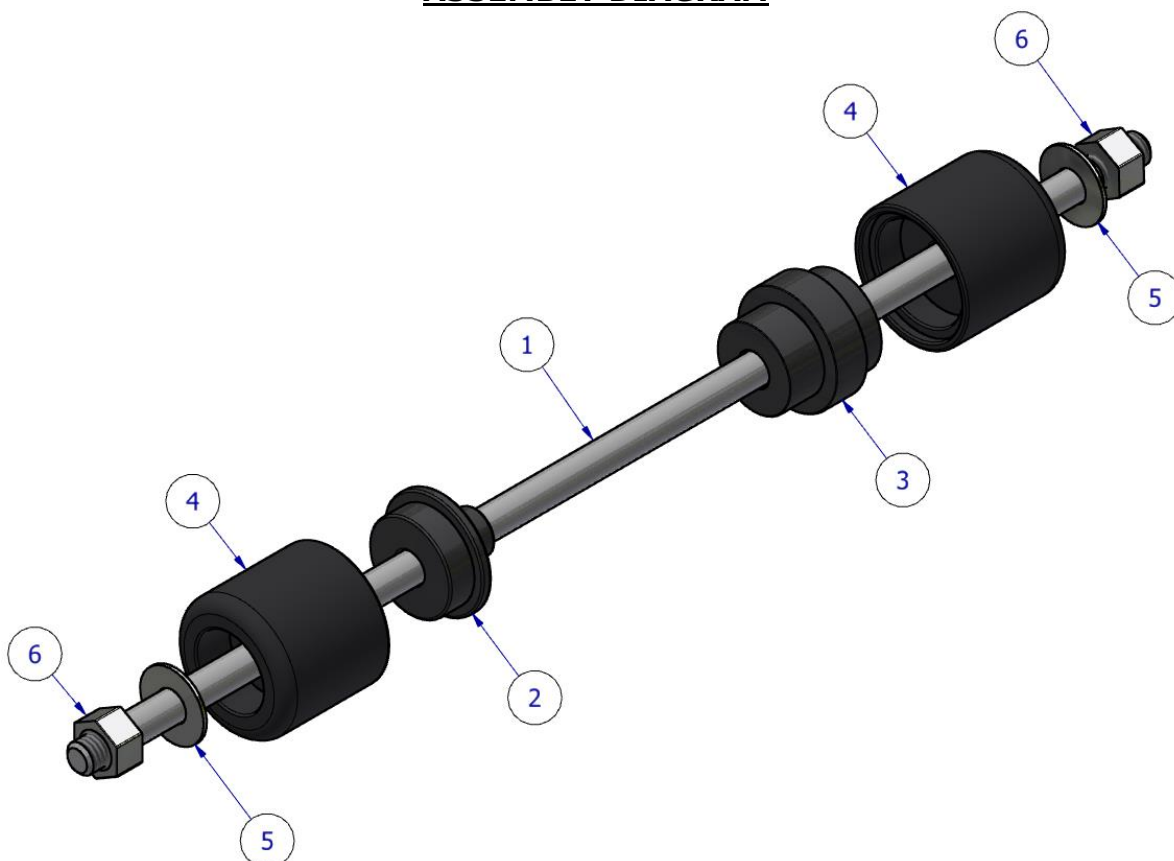


<b><u>TOOLS REQUIRED</u></b>	<b><u>GENERAL TORQUE SETTINGS</u></b>
13mm Socket x 2 Ratchet x 2 Small amount of super glue	M4 BOLT = 8Nm M5 BOLT = 12Nm M6 BOLT = 15Nm M8 BOLT = 20Nm M10 BOLT = 40Nm M12 BOLT = 40Nm

**LEGEND**

<b>ITEM NO.</b>	<b>DESCRIPTION</b>	<b>QTY</b>
ITEM 1	SB143 SPINDLE BAR	1
ITEM 2	S1079 - LHS SPACER	1
ITEM 3	S0768 - RHS SPACER	1
ITEM 4	B0445 M8 CRASH PROTECTOR	2
ITEM 5	M8 WASHER	2
ITEM 6	M8 NYLOC NUT	2

**ASSEMBLY DIAGRAM**





### **FITTING INSTRUCTIONS**

- To start this fitting process, place the M8 Nyloc Nut (**Item 6**) onto the end of the spindle bar (**Item 1**) and tighten until at least a minimum of 2 threads are through the Nyloc.
- A fitting suggestion: using a small amount of Super glue or Loctite on one Spindle bar thread will help create an even number of threads on both sides of the swingarm protector once fully tightened.
- Once the Nyloc is fitted, you can then slide the M8 washer (**Item 5**), crash protector (**Item 4**) and RHS Spacer (**Item 3**) onto the bar in the configuration shown in the ASSEMBLY DIAGRAM.
- Slide the assembly through the righthand side of the front spindle. Once through place the LHS Spacer (**Item 2**), remaining crash protector (**Item 4**), M6 Washer (**Item 5**) onto the end of the spindle bar that's protruding through the LHS. Ensure the spacer sits over the spindle nut.
- Finally, place the M6 Nyloc Nut (**Item 6**) and tighten with two 13mm sockets simultaneously to the correct torque using the **GENERAL TORQUE SETTINGS** table on **PAGE 2**. Ensure both sides have an equal amount of thread engagement.

ISSUE 1 - 05/01/2024 (DM)

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