



Linkage Installation Instructions

2009-14 Honda CRF 450R, 2010-14 CRF 250R

Part# (22-LG-100)

- Place the bike on a stand and secure it to prevent it from falling over during the installation procedure. Check to make sure the swing arm is free of the stand with the rear wheel properly supported.
- Remove the rear nut and bolt from linkage. If bolt is difficult to remove after the nut has been taken off, lift the swing arm in order to relieve the pressure on the bolt.
- Remove the front bolt from the stock linkage. (Picture A)
- With both bolts removed, slide the stock linkage out of the bike.
- Remove the bearing shaft and caps from the stock link and slide them into the Fastway link.** Before Installation, be sure all surfaces are clean and a liberal amount of grease is applied to the bearings and the mating shaft surfaces. (Picture B and C)
- The Fastway Linkage comes with 2 different rear inserts which allows for 4 linkage lengths. Point the arrows at the correct dots to adjust the linkage length accordingly. Inserts should be lightly greased to ensure they properly seat in the linkage. (Picture D)
- Grease and install the forward most bolt into the linkage and onto the bike.
- Grease and install the rear bolt into linkage and onto the bike. This may require the swing arm to be lifted in order for all the necessary holes to line up.
- Install the nuts and ensure they are properly torqued. Also check that the adjustable inserts installed in Step 6 have adequately seated in the linkage.
- Installation is now complete! (Picture E)



2013-14 CRF 450R Models

1 Dot (Insert A)	+0.00 mm (Stock Length)
2 Dots (Insert B)	+0.67 mm
3 Dots (Insert B)	+1.33 mm
4 Dots (Insert A)	+2.00 mm

2009-12 CRF 450R, 2010-14 CRF 250 Models

1 Dot (Insert A)	-0.67 mm
2 Dots (Insert B)	+0.00 mm (Stock Length)
3 Dots (Insert B)	+0.67 mm
4 Dots (Insert A)	+1.33 mm

- Grease and install the forward most bolt into the linkage and onto the bike.

Thanks for purchasing a Fastway Suspension Link Guard. Please call us with any questions!