



**FITTING INSTRUCTIONS FOR AB0021BK LOWER ADVENTURE BARS**  
**HONDA AFRICA TWIN (CRF1000L) 2016-**



Picture A



picture B

**THIS KIT CONTAINS THE ITEMS PICTURED AND LABELLED BELOW.**  
**DO NOT PROCEED UNTIL YOU ARE SURE ALL PARTS ARE PRESENT.**

Please note that the way the kit is packed does not necessarily represent the way of mounting to the bike

Please note that in cases where kits are packed with rubber washers holding the components onto the bolt – *the rubber washers should be thrown away!*

THE PARTS SHOWN MAY BE REPRESENTATIVE ONLY (FOR CLARITY OF INSTRUCTIONS ONLY)

**Digital copies of these instructions are available to download from [www.rg-racing.com](http://www.rg-racing.com)**

**GENERAL TORQUE SETTINGS**

M4 BOLT = 8Nm  
M5 BOLT = 12Nm  
M6 BOLT = 15Nm  
M8 BOLT = 20Nm  
M10 BOLT = 40Nm

**TOOLS REQUIRED**

- Socket set to include a 12, 13, 14 and 17mm sockets and wrench and/or spanners.
  - Set of Allen keys to include 4 and 5mm A/F.
    - Torque wrench (up to 40Nm).

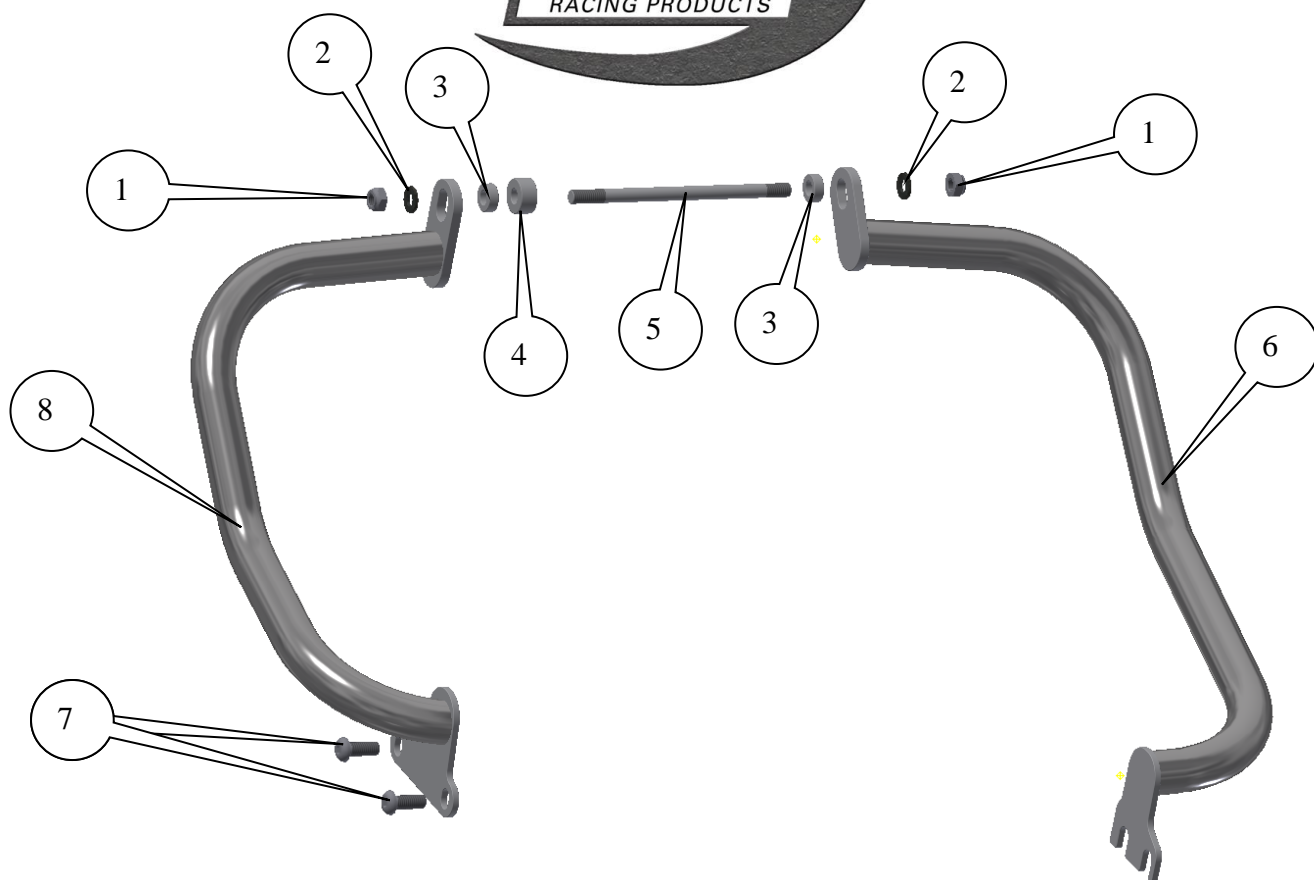
**In This Kit, There Should Be**

- 1x Left Hand Side Adventure Bar (CB053).
- 1x Right Hand Side Adventure Bar (CB054).
- 1x M8 Spindle Bar 135mm Long (SB0123).
  - 2x M8 Nyloc Nuts.
  - 2x M8 Washers.
- 2x M8x20mm Long Button Head Bolts.

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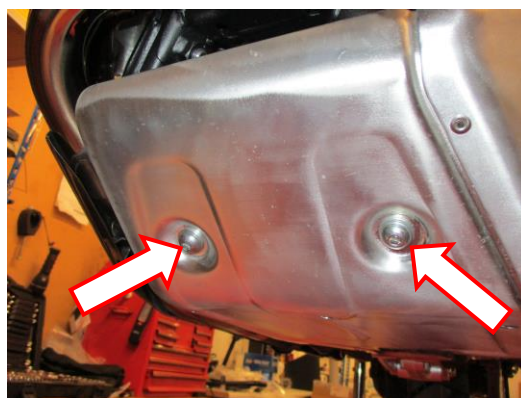


**LEGEND**

- ITEM 1 = M8 NYLOC NUTS (x2).
- ITEM 2 = M8 WASHERS (x2).
- ITEM 3 = SPACERS (S0299=6mm LONG) (x2).
- ITEM 4 = SPACER (S0995=10mm LONG) (x1).
- ITEM 5 = M8 SPINDLE BAR (SB123=135mm LONG) (x1).
- ITEM 6 = ADVENTURE BAR RIGHT-HAND SIDE (CB054=WELDED ASSEMBLY) (x1).
- ITEM 7 = M8 x 20mm LONG BUTTON HEAD BOLTS (x2).
- ITEM 8 = ADVENTURE BAR LEFT-HAND SIDE (CB053=WELDED ASSEMBLY) (x1).



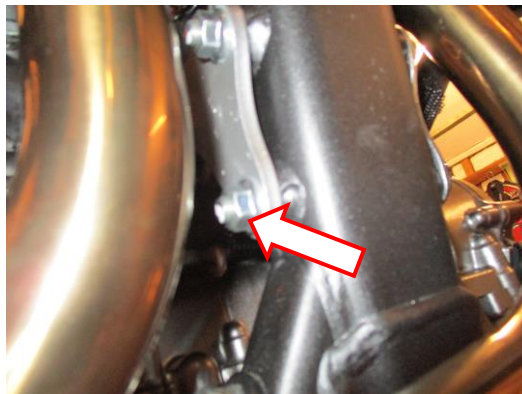
PICTURE 1



PICTURE 2



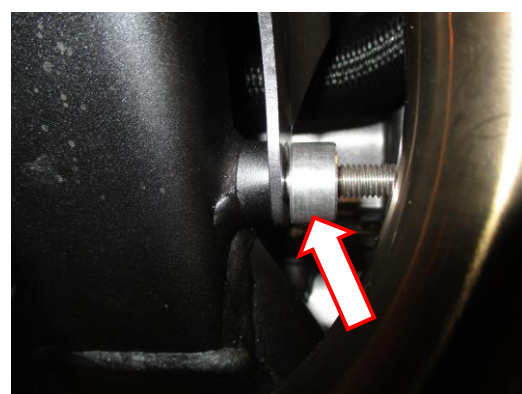
PICTURE 3



PICTURE 4



PICTURE 5



PICTURE 6

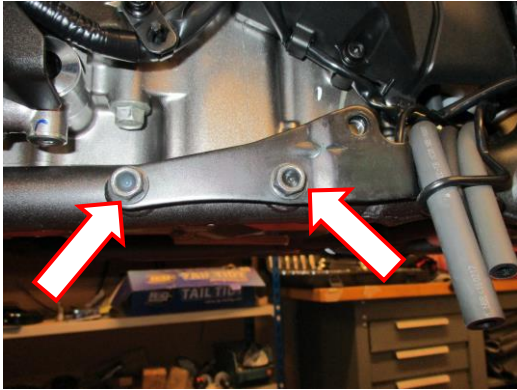


PICTURE 7

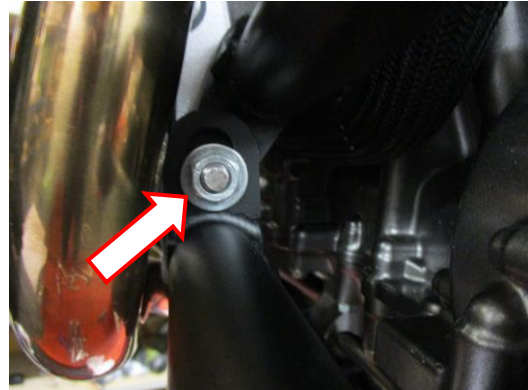


PICTURE 8

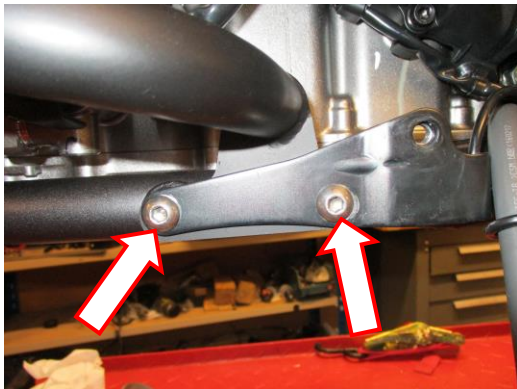




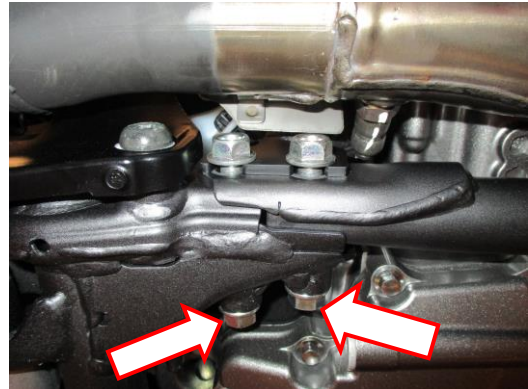
PICTURE 9



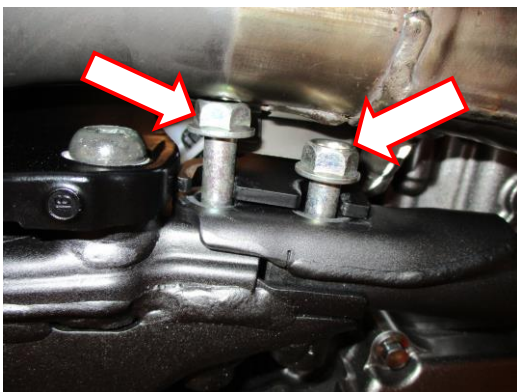
PICTURE 10



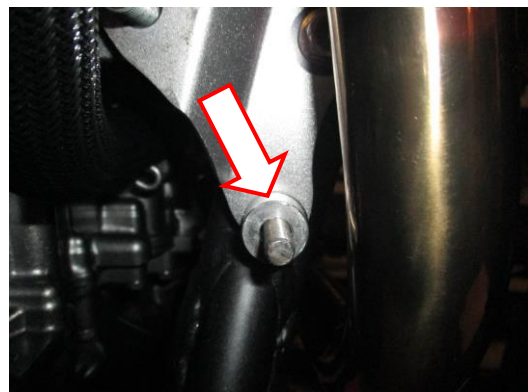
PICTURE 11



PICTURE 12



PICTURE 13



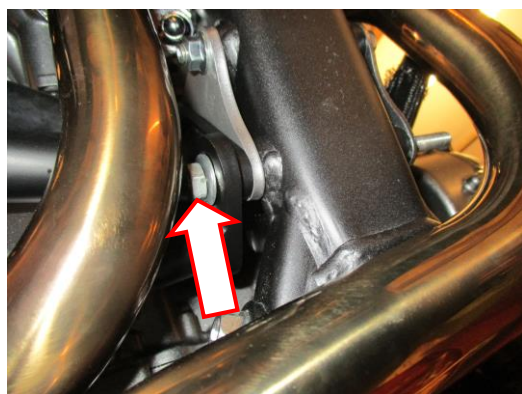
PICTURE 14



PICTURE 15



PICTURE 16



PICTURE 17



PICTURE 18

## **FITTING INSTRUCTIONS**

### **Near side (left side as you sit on bike)**

- Remove the three bolts arrowed in pictures 1 and 2.
- Gently lower the sump guard and disengage the locator arrowed in picture 3 and remove the sump guard.
- Remove the nut arrowed in picture 4 and replace the bolt with the spindle bar supplied (item 5) as shown in picture 5.
- Place the thicker spacer (item 4=10mm wide) over the exposed bar on the left-hand side as shown in pictures 6 and 7.
- If not fitting AB0020 upper adventure bars place one of the thinner spacers (item 3) over the exposed bar on the left-hand side as shown in picture 8 so it sits against the spacer just fitted.
- Remove the two bolts arrowed in picture 9 and remove the sump guard mounting bracket/hose guide.
- Offer the left-hand side adventure bar (item 8) into position as shown in top picture A.
- Place one of the M8 washers (item 2) and one of the M8 Nyloc nuts (item 1) over the exposed spindle bar as shown in picture 10 (please ensure the nut is fully engaged).
- Remount the sump guard mounting bracket/hose guide and secure in place using the two M8 button head bolts as shown in picture 11 (refit the hoses as original).

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- Undo and slacken the two nuts arrowed in picture 12 (pictured from under the motorcycle) and pull the bolts away from the frame as shown in picture 13.
- Place the remaining thin spacer (item 3) over the exposed end of the spindle bar on the right-hand side as shown in picture 14.
- Carefully offer the right-hand side adventure bar (item 6) into position as shown in top picture B.
- Gently position the lower mounting bracket between the frame and exhaust as shown in picture 15 and the front mounting bracket into position as shown in picture 16.
- Place the remaining M8 washer (item 2) and the remaining M8 Nyloc nut (item 1) over the exposed end of the spindle bar as shown in picture 17.
- Finally tighten all nuts and bolts to secure both sides of the adventure bars.
- Refit the sump guard as original.

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**NOTICE DE MONTAGE POUR AB0021BK BARRES AVENTURE INFERIEURES  
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Photo A



photo B

**Le kit contient les articles exposés ci-dessous, vérifier que toutes les pièces soient présentes avant de procéder au montage.**

**La façon dont le kit est emballé ne correspond pas forcément à la façon de monter les pièces sur la moto.**

**LES PARTIES PRESENTEES PEUVENT ETRE UNIQUEMENT REPRESENTATIVES (POUR LA CLARTE DES INSTRUCTIONS UNIQUEMENT)**

**Notice disponible au téléchargement sur [www.rg-racing.com](http://www.rg-racing.com)**

**COUPLES DE SERRAGE RECOMMANDES**

M4 BOULON = 8Nm  
 M5 BOULON = 12Nm  
 M6 BOULON = 15Nm  
 M8 BOULON = 20Nm  
 M10 BOULON = 40Nm

**OUTILS REQUIS**

- Set de douille 12, 13, 14 et 17mm et clé à tube ou clé anglaise.
  - Set de clés Allen incluant des clés de 4 et 5mm
    - Clé dynamométrique (à 40Nm).

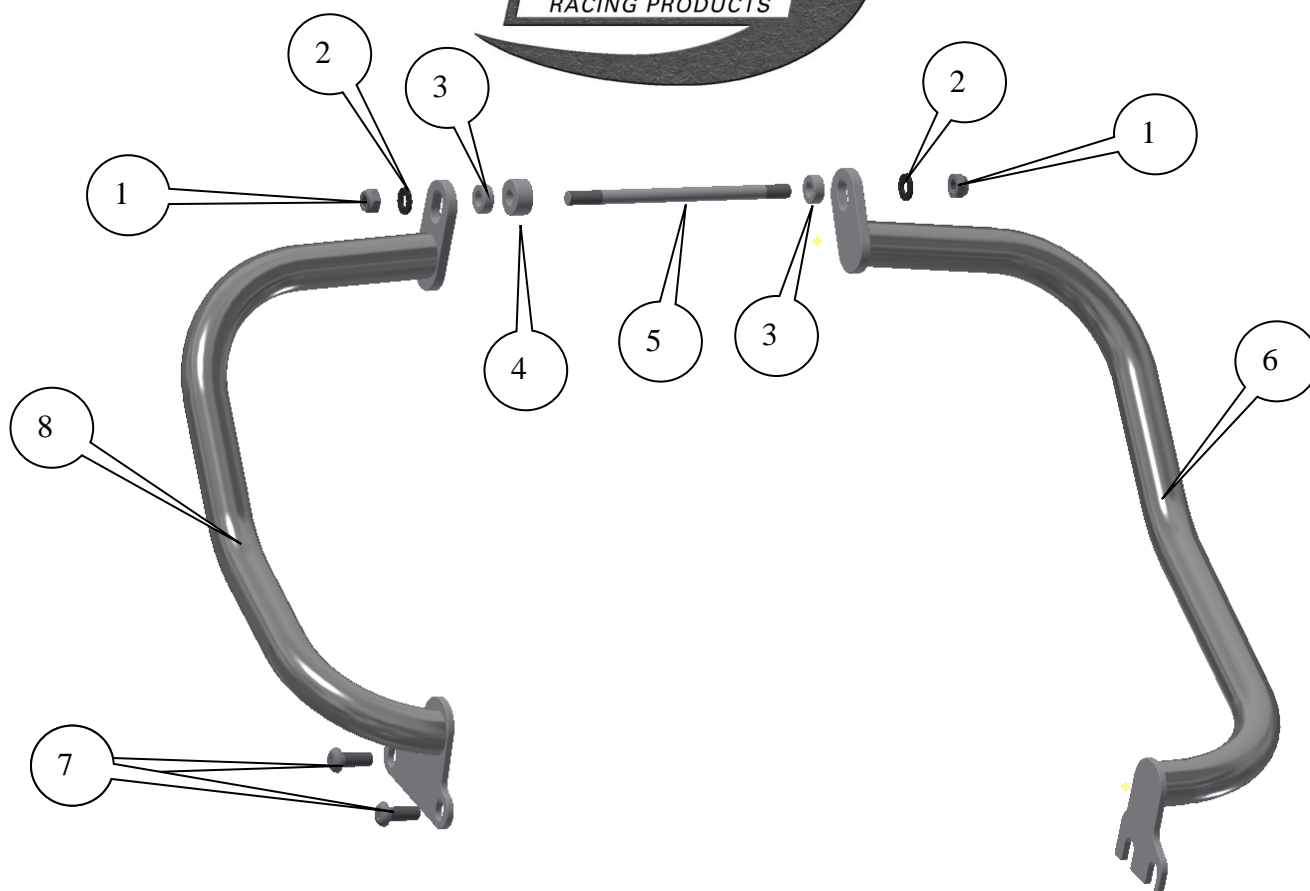
**Ce kit doit contenir**

- 1x Barre aventure du côté gauche (CB053).
- 1x Barre aventure du côté droit (CB054).
- 1x M8 Axe de 135mm de long (SB0123).
  - 2x M8 Écrous
  - 2x M8 Rondelles.
  - 2x M8x20mm Boulons.

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**LEGENDE**

- ARTICLE 1 = M8 ECROUS (x2).
- ARTICLE 2 = M8 RONDELLES (x2).
- ARTICLE 3 = ENTRETOISES (S0299=6mm DE LONG) (x2).
- ARTICLE 4 = ENTRETOISE (S0995=10mm DE LONG) (x1).
- ARTICLE 5 = M8 AXE (SB123=135mm DE LONG) (x1).
- ARTICLE 6 = BARRE AVENTURE DU COTE DROIT (CB054=ASSEMBLAGE SOUDE) (x1).
- ARTICLE 7 = M8 x 20mm BOULONS (x2).
- ARTICLE 8 = BARRE AVENTURE DU COTE GAUCHE (CB053=ASSEMBLAGE SOUDE) (x1).



PHOTO 1

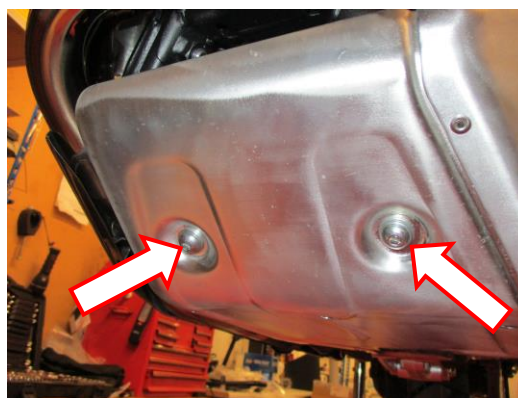


PHOTO 2





PHOTO 3

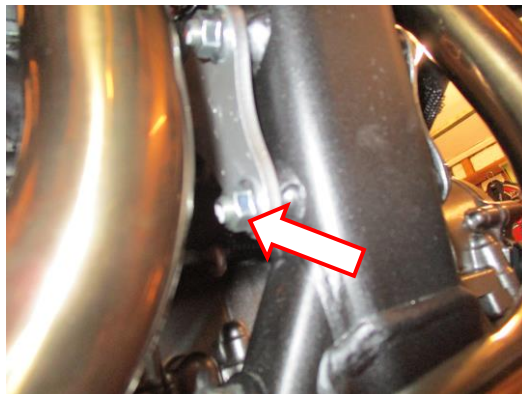


PHOTO 4



PHOTO 5

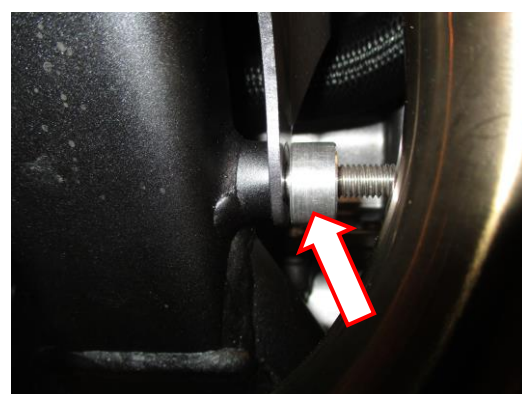


PHOTO 6

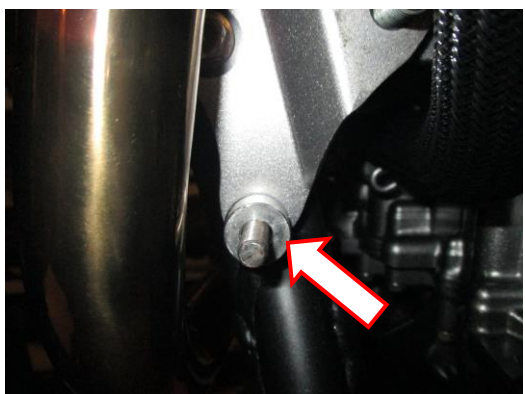


PHOTO 7



PHOTO 8

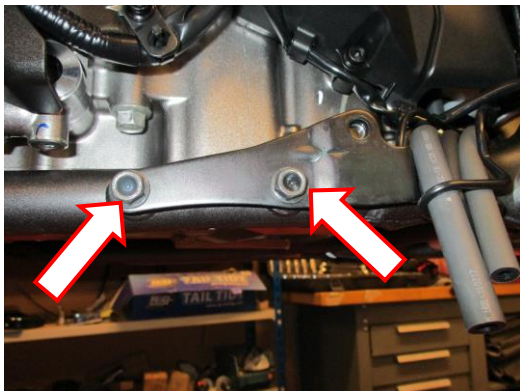


PHOTO 9



PHOTO 10

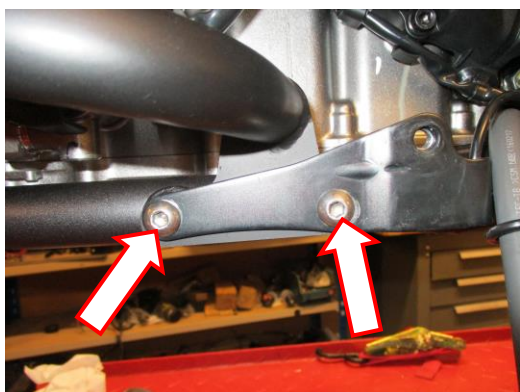


PHOTO 11

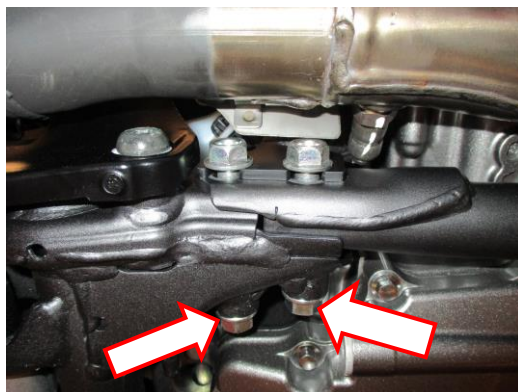


PHOTO 12

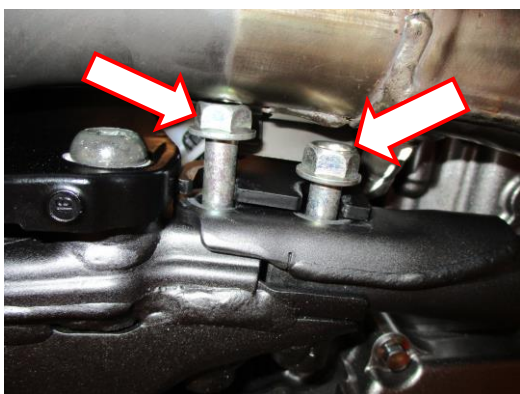


PHOTO 13



PHOTO 14





PHOTO 15



PHOTO 16



PHOTO 17



PHOTO 18

## NOTICE DE MONTAGE

### Coté gauche (Quand on est assis sur la moto)

- Enlever les 3 boulons indiqués sur les photos 1 et 2.
- Abaisser doucement la protection du carter inférieur puis désengager le localisateur indiqué sur la photo 3 puis enlever la protection du puisard.
- Enlever l'écrou indiqué sur la photo 4 puis remplacer le boulon par l'axe fourni (article 5) voir photo 5.
- Placer l'entretoise plus large (article 4=10mm de large) sur l'extrémité de l'axe du coté gauche, voir photos 6 et 7.
- Si vous n'utilisez pas les Barres Aventures supérieurs AB0020, placer une des entretoises les plus fines (article 3) sur l'extrémité de l'axe du coté gauche, voir photo 8 de façon à ce qu'elle se place contre l'entretoise tout juste insérée.
- Enlever les 2 boulons indiqués sur la photo 9 puis enlever le support de fixation de la protection du carter inférieur / guide tuyau flexible.
- Monter la Barre Aventure du coté gauche (article 8) en position, voir photo A.
- Placer une des rondelles M8 (article 2) et un des écrous M8 (article 1) sur l'extrémité de l'axe, voir photo 10 (Veiller à ce que l'écrou soit complètement engagé).





- Remonter le support de fixation de la protection de carter inférieur /Guide tuyau flexible puis fixer en place à l'aide de 2 boulons M8, voir photo 11 (remonter les tuyaux comme à l'origine).
- Défaire et relâcher les 2 écrous indiqués sur la photo 12 (photo depuis le dessous de la moto) puis retirer les boulons du cadre, voir photo 13.
- Placer l'entretoise fine restante (article 3) sur l'extrémité de l'axe du coté droit, voir photo 14.
- Monter la Barre Aventure du coté droit (article 6) en position, voir photo B.
- Positionner le support de fixation inférieur entre le cadre et l'échappement, voir photo 15 et le support de fixation avant en position, voir photo 16.
- Placer la rondelle M8 restante (article 2) ainsi que l'écrou M8 restant(article 1) sur l'extrémité de l'axe, voir photo 17.
- Enfin, serrer tous les écrous et boulons pour fixer les 2 cotés de la Barre Aventure.
- Remonter la protection de carter inférieur comme à l'origine.

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