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04-001

1999-2005 400EX XC Link Info.

This Link is for several applications including XC racing with 20-inch tires.

Extended shock length needs to be 15.5 inches with 4 inches of actual shaft travel. For aftermarket shocks this may be as much as 4.25 inches of shaft to get the actual travel needed.

Suggested spring rates:

Rider Weight	Spring Rate
125#.....	315#
150#.....	332#
175#.....	350#
200#.....	365#
225#.....	382#
250#.....	400#

Note: For full travel and the best suspension action – the airbox needs to be raised ½ inch – the exhaust must be spaced out to provide the correct clearance needed – and the left side of the subframe needs to be modified to provide additional clearance for the sprocket at full up travel.

For additional info on choosing the correct springs rates and updating you valving to best fit this link and your application – please contact us by the email address listed on our web site.

ATV Suspension brings us many unique problems, since there are so many combinations of suspension components on the market as well as many different tires sizes.

One big issue is the rear suspension. To have the best ride possible, you must first start with the correct up travel and down travel of the rear wheels. Next you need to have the correct progression ratio.

We have developed a few different linkages for some common applications.

These linkages are not designed to raise or lower your bike as much as simply giving you the correct amount of travel and the correct location of that travel.

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04-002

1999/2005 400EX MX Link Info.

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Extended shock length needs to be 15.5 inches with 4 inches of actual shaft travel. For aftermarket shocks this may be as much as 4.25 inches of shaft to get the actual travel needed.

Rider Weight	Spring Rate
125#.....	340#
150#.....	357#
175#.....	375#
200#.....	390#
225#.....	407#
250#.....	425#

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05-001

2004/05 450R MX Link Info.

This Link is for several applications including MX racing with 18-inch tires.

Extended shock length needs to be 14.75 inches with 3.75 inches of actual shaft travel. For aftermarket shocks this may be as much as 4 inches of shaft to get the actual travel needed.

Rider Weight	Spring Rate
125#.....	358#
150#.....	375#
175#.....	393#
200#.....	408#
225#.....	425#
250#.....	443#

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05-002

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Extended shock length needs to be 14.75 inches with 3.75 inches of actual shaft travel. For aftermarket shocks this may be as much as 4 inches of shaft to get the actual travel needed.

Rider Weight	Spring Rate
125#.....	358#
150#.....	375#
175#.....	393#
200#.....	408#
225#.....	425#
250#.....	443#

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06-001

2006 450R XC Link Info.

This Link is for several applications including XC racing with 20-inch tires.

Extended shock length needs to be 15.375 inches with 4 inches of actual shaft travel. For aftermarket shocks this may be as much as 4.25 inches of shaft to get the actual travel needed.

Suggested Spring Rates

125 – 150#.....375
150 - 175#.....400
175 - 225#.....425
225 - 275#.....450
275 - 325#.....475

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Suggested Spring Rates

125#.....315
150#.....332
175#.....350
200#.....367
225#.....384
250#.....402
275#.....419
300#.....436
325#.....454

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06-003

2006 and Up 450R MX01 Link Info.

This Link is for several applications including MX racing with 18-inch tires.

Extended shock length needs to be 15 3/8 inches with 4 inches of actual shaft travel. For aftermarket shocks this may be as much as 4 1/4 inches of shaft to get the actual travel needed.

Spring info

Rider weight.....	Spring rate
125- 175.....	375#
175-200.....	400#
200-250.....	425#
250-275.....	450#

For additional info on choosing the correct springs rates and updating you valving to best fit this link and your application – please contact us by the email address listen on our web site.

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06-003

2006 450R MX01 Link Info.

This Link is for several applications including MX racing with 18-inch tires.

Extended shock length needs to be 15 3/8 inches with 4 inches of actual shaft travel. For aftermarket shocks this may be as much as 4 1/4 inches of shaft to get the actual travel needed.

Suggested Spring Rates

125#.....335
150#.....352
175#.....370
200#.....387
225#.....404
250#.....422
275#.....439
300#.....456
325#.....474

For additional info on choosing the correct springs rates and updating you valving to best fit this link and your application – please contact us by the email address listen on our web site.

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05-003

2004/05 YFZ450 XC Link Info.

This link is for a 2005 YFZ450. This link utilizes the stock length shock and gives the correct up travel and down travel of the rear wheels for 20 inch rear tires for XC racing and trail riding. It needs an 18 ¼ inch shock with 4.75 inches of actual shaft travel which may be 5 inches on an aftermarket shock.

Rider Weight	Spring Rate
125#.....	225#
150#.....	238#
175#.....	250#
200#.....	263#
225#.....	275#
250#.....	288#

For additional info on choosing the correct springs rates and updating your valving to best fit this link and your application – please contact us by the email address listed on our web site.

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06-004

2006 – 2008 YFZ450 XC Link Info.

This Link is for several applications including XC and TT racing with 20 and 22-inch tires.

Extended shock length needs to be 18.875 inches with 5.25 inches of actual shaft travel. For aftermarket shocks this may be as much as 5.75 inches of shaft to get the actual travel needed.

Spring info

Rider weight.....	Spring rate
125- 150.....	200# 250
150-175.....	225# 275
175-225.....	250# 300
225-275.....	275# 325

Please note: This link is designed for stock shocks. If you want to run a modified or aftermarket shock – we suggest a change in shock setup and use of the 05-003 Link.

For additional info on choosing the correct spring rates and updating you valving to best fit this link and your application – please contact us by the email address listen on our web site.

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06-005

2006 YFZ450 MX Link Info.

This link is for a 2006 YFZ450. This link utilizes the stock length shock and gives the correct up travel and down travel of the rear wheels for 18 inch rear tires for MX racing.

It needs an 18.75 inch shock with 5.25 inches of actual shaft travel which may be 5.5 inches on an aftermarket shock.

Also please note: The existing front link will need to be modified to provide proper clearance for the bottom of the spring and the spring retainer to fit the long travel linkage.

Suggested Spring Rates

125#.....223
150#.....234
175#.....245
200#.....257
225#.....268
250#.....279
275#.....290
300#.....301
325#.....313

For additional info on choosing the correct springs rates and updating you valving to best fit this link and your application – please contact us by the email address listen on our web site.

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06-006

2006 and Up Raptor XC Link Info.

This link is for a 2006 Raptor 700. This link utilizes the stock length shock and gives the correct up travel and down travel of the rear wheels for 20 inch rear tires for XC racing and trail riding.

Be sure to apply a water proof grease to the inner bushing when installing on the quad. It is also a good idea to service and regrease these bushings on a regular bases for longer life. The sleeves that are installed in the link when you receive it are the same dimensions as stock – you can buy new ones from us at G T Thunder or from your local Yamaha dealer when they need replaced.

For additional info on choosing the correct springs rates and updating you valving to best fit this link and your application – please contact us by the email address listen on our web site.

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RIDER WEIGHT SPRING

150 -

175 -

200 -

225 - 300

250 -



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06-007

2006 LT450R MX Link Info.

This link is for a 2006 Suzuki LT450R. This link utilizes the stock length shock and gives the correct up travel and down travel of the rear wheels for 18 inch rear tires for MX racing and trail riding.

Install the center pins/bushings and side thrust washers from your stock linkage. Be sure to apply waterproof grease to the inner bushing when installing on the quad. It is also a good idea to service and regrease these bushings on a regular bases for longer life. The bearings and seals that are installed in the link when you receive it are the same dimensions as stock – you can buy new ones from us at G T Thunder or from your local Suzuki dealer when they need replaced.

For additional info on choosing the correct springs rates and updating you valving to best fit this link and your application – please contact us by the email address listen on our web site.

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06-008

2006 LT450R XC Link Info.

This link is for a 2006 Suzuki LT450R. This link utilizes the stock length shock and gives the correct up travel and down travel of the rear wheels for 20 inch rear tires for XC racing and trail riding.

Install the center pins/bushings and side thrust washers from your stock linkage. Be sure to apply waterproof grease to the inner bushing when installing on the quad. It is also a good idea to service and regrease these bushings on a regular bases for longer life. The bearings and seals that are installed in the link when you receive it are the same dimensions as stock – you can buy new ones from us at G T Thunder or from your local Suzuki dealer when they need replaced.

Suggested Spring Rates

125#.....285
150#.....300
175#.....316
200#.....331
225#.....347
250#.....362
275#.....378
300#.....393
325#.....409

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~~XXXXXX~~
07-001

KFX450 Link Info.
MX

This Link is for several applications including XC racing with 20-inch tires.

Be sure to apply waterproof grease to the inner bushing before you install it. Be sure to grease your link bearings every few rides for longer life. The bearings and seals are the same dimensions as stock - or you can buy them from G T Thunder as a kit.

For additional info on choosing the correct springs rates and updating you valving to best fit this link and your application – please contact us by the email address listen on our web site.

<u>RIDER WEIGHT</u>	<u>SPRING RATE</u>
125	175
150	200
175	225
200	250
225	275

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07-002

KFX450 XC Link Info.

This Link is for several applications including XC racing with 20-inch tires.

Be sure to apply waterproof grease to the inner bushing before you install it. Be sure to grease your link bearings every few rides for longer life. The bearings and seals are the same dimensions as stock - or you can buy them from G T Thunder as a kit.

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RIDER WEIGHT

125
150
175
200
225

SPRING

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08-003

2004-2008 YFZ450 MX Link Info.

This link is for a 2004-2008 YFZ450. This link utilizes the stock length shock for 2004-05 and a 18.5 inch shock for 2006-2008 and gives the correct up travel and down travel of the rear wheels for 18 inch rear tires for MX racing and trail riding.

Rider Weight	Spring Rate
125-150#.....	275#
175-225#.....	300#
250-300#.....	325#

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