

Honda CB500X/F Lowering Front Suspension Instructions
for use with Moto Werk lowering kits
-supplemental guide to motorcycle owner's manual



Warning

Do not loosen up the **lower triple clamps** on both sides at the same time! If you do, then the front suspension will drop down on the fender.

Note:

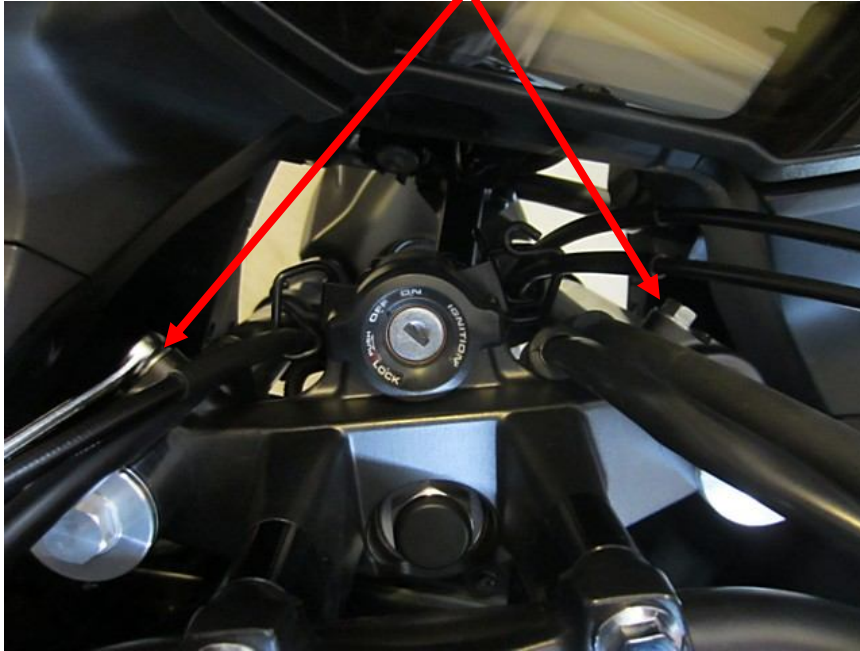
- Before lowering front suspension, you need to have the **Moto Werk lowering kit already installed** on your Honda motorcycle.
- The **distances** given in the instructions **correlate exactly to the Moto Werk lowering kits**, and should not be used for any other purposes.

Tools Needed: 12 mm closed (box) wrench, 14 mm closed (box) wrench, a measuring tape



- Locate the front fork tubes and the upper triple clamps.
- Take the measuring tape and **measure the distance from the clamp's rim edge to the top edge of the fork tube.**
- **After you measure the exposed fork tube**
add 1.25 inches (31.75 mm) for the HB500-1.25 Lowering Kit
or
add 2 inches (50.80 mm) for the HB500-2.00 Lowering Kit
- **Write down the new distance**

1. Loosen up the two **upper triple clamp M8 screws** with a 12 mm closed wrench (both sides)



**Just loosen up –
don't unscrew!**

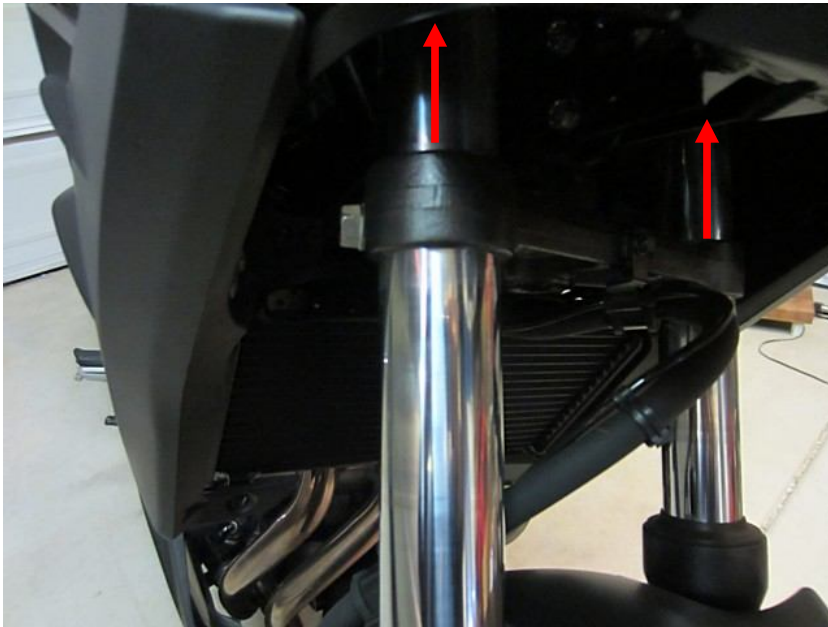
2. Proceed to the **lower triple clamp screws**. Start with the **left side**. Use a 14 mm closed wrench to loosen up the M10 screw.



Now, **slide the fork tube upwards** as much as you can. Then, **tighten the screw**.

3. Go to the **right side**. Loosen up the lower triple clamp screw. Slide the right fork upwards. Then, **tighten the right screw**.

4. Keep **repeating these steps** on the left and right side until your fork tubes have reached the desirable position (measured distance + 1.25" or measured distance + 2.00").



The key is to do it in **small steps** and remembering **to tighten the screw before switching to the other side** to avoid dropping the bike to the bottom of the forks!

5. Now is the time to **tighten up all four screws** – 2 on the lower and 2 on the upper triple clamps. Use the 12 mm closed wrench for the upper triple clamp screws and the 14 mm closed wrench on the lower triple clamp screws. Tighten as hard as you can. If you have a torque wrench, tighten the upper clamp screws at 21 ft-lb (29 N-m or 3.0 kgf-m) and the lower clamp screws 22 ft-lb (28 N-m or 3.0 kgf-m).

The process is now completed.