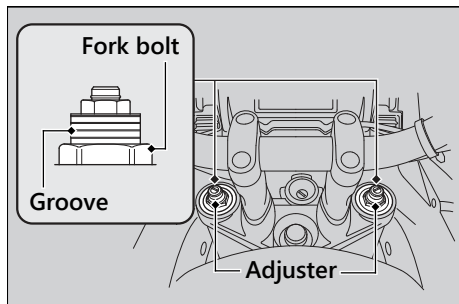


Adjusting the Front Suspension

Spring Preload

You can adjust the spring preload by the adjuster to suit the load or the road surface. Turn clockwise to increase spring preload (hard), or turn counterclockwise to decrease spring preload (soft). Standard position: 5th groove (**VFR1200X/XA**)/4th groove (**VFR1200XD/XDA**). Align the desired position with the fork bolts surface.



NOTICE

Do not turn the adjuster beyond its limits. Adjust both left and right forks to the same spring preload.