



R6 2006-16 Installation instructions

1. Remove rear wheel and chain adjusters from swing arm (only remove the locking nut from the Chain adjuster - do not remove the whole pin, this will help later)
2. Disconnect the rear brake line from the master cylinder, remove rear calliper and calliper bracket
3. Fit your new Chain adjusters using the original fittings, (Note - the captive nut assembly fits to the exhaust side, fit the captive nut with the pins provided)
4. It is not essential, but it does help to chamfer the brake pads to give a leading edge for the brake disc to slide into, this is easier to do at this stage by removing the pads from the caliper
5. Slide the calliper plate onto the captive nut attachment and fix into place using the grub screw (Note – take care not to overtighten, this just needs to be pinched up)
6. Connect the calliper using the 2 M8 button head pins provided
7. Connect new brake line and bleed all air out (note – it helps to remove the calliper and turn it upside down to remove all air) **Do not overfill reservoir**
8. Replace wheel spacers with the new ones from the kit, thicker one goes on the brake side
(small lip goes inside the bearing seal).
9. Insert the spacer from your new kit into the brake side
10. Insert spindle but do not tighten up (**Note – this is a left hand thread – Anti clockwise to tighten**)
11. Adjust the chain adjusters to tension the chain, (these should be already set if you didn't adjust the pin as in step 1)
12. Tighten up rear spindle
13. Practise removing and inserting the wheel
14. Laugh at your mates still struggling with their rear wheels
15. Ride safe

Maintenance – Your spindle comes pre-greased ready for use. It is important that the spindle and threads are kept clean and always greased, as debris inside the captive nut could cause damage to the spindle.

Please Note:

These products are designed to be fitted with basic tools but some items will require drilling and tapping of the swing arm, plus the bleeding of your rear brake calliper. Therefore, we recommend fitting to be done by trained professionals.



Packing List

Items	Packed
L74 Chain adjusters with Captive Nut fitted	
L74 Calliper Plate – with Calliper and grub screws fitted	
L74 Spindle with Pull cup fitted	
L74 Wheel spacers	
600mm Brake line pack with Banjo, washers, fixings and bleeding instructions	

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