



Motion Pro, Inc.
867 American Street
San Carlos, CA 94070
Tel 650.594.9600 Fax 650.594.9610
www.motionpro.com

INSTRUCTIONS

Motion Pro Suspension Bearing Tool P/N 08-0294

The Motion Pro Suspension Bearing Tool is designed to remove and install the bearings in the swing arm and linkage pivots. The examples and tool tips shown below will help you in servicing your machine.

Section 1. Swing Arm Bearings

- a. Remove swingarm, seals, retaining rings, and spacers. Make absolutely sure that there are no internal circlips that may be hidden under the grease.
- b. Select the correct size driver for your bearing and assemble the puller as shown in Fig1.
- c. Make sure as you start to tighten the assembly that the bearing cup (C08-0294D) is centered on the swingarm. Pull the bearing through the swingarm and into the bearing cup as shown in Fig 2.

Fig 1



Fig 2



Fig 3



- d. Clean all bearing surfaces and inspect for damage.
- e. Pack new bearings with a liberal amount of high quality bearing grease. Apply a thin layer of grease on the inside of the swingarm bearing surface. This will help to prevent the new bearing from galling during installation.
- f. Install bearing onto the corresponding bearing driver as shown in fig 3. The bearing driver will hold the loose needles in place during installation.

Fig 4



g. Assemble the bearing driver as shown in Fig 4. Tighten screw until the driver bottoms out on the inside bearing surface.

Section 2. Rocker Pivot

Every manufacturer has a slightly different suspension linkage system. The examples here are performed on a 2006 CRF450R. Refer to your shop manual for any specific instructions or procedures that are not covered here.

- a.** Remove all seals and inner spacers from the rocker
- b.** Using the appropriate bearing remover, assemble the tool as shown in Fig 5. If you do not have a bench vise you can use a wrench on both nuts.
- c.** Tighten the nut until the bearing is pushed completely out of the rocker and into the bearing cup.
- d.** Clean all bearing surfaces and inspect for damage.

Fig 5



Fig 6



e. Install bearing onto the corresponding bearing driver as shown in Fig 6. The bearing driver will hold the loose needles in place during installation.

f. Assemble the bearing driver as shown in Fig 4. Tighten screw until the driver bottoms out on the inside bearing surface.

g. Reinstall all seals and bearing spacers. Be sure to pack the new bearings with a high quality grease before reinstalling the components onto the motorcycle.

Fig 7



Fig 8

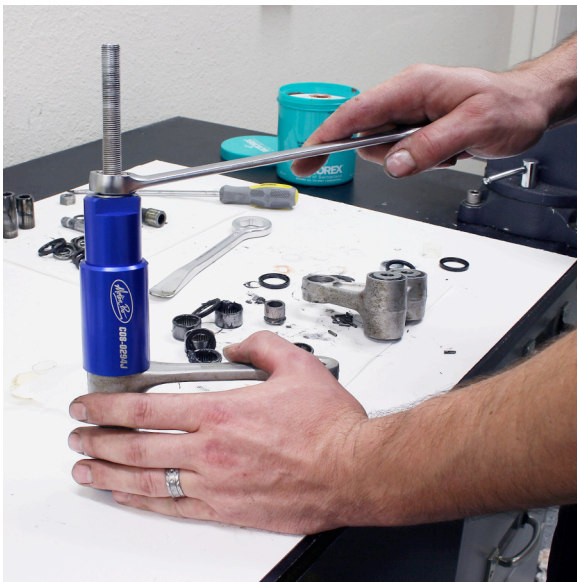


Fig 9



Section 3. Connecting Link

Again, most manufacturers have a slightly different suspension linkage system. The examples here are performed on a 2006 CRF450R. Refer to your shop manual for any specific instructions or procedures that are not covered here.

- a. Remove all seals and inner spacers.
- b. Fully tighten the blind bearing remover on the inner lip of the needle bearing then assemble the tool as shown in Fig 7. Be sure that the lip of the blind bearing remover is fully engaged on the bearing.
- c. Apply a small amount of grease onto the threads of the puller and washer
- d. Remove bearing as shown in Fig 8.
- e. Clean all bearing surfaces and inspect for damage.
- f. Assemble the bearing driver as shown in Fig 9 and Fig 10. Tighten screw until the driver bottoms out on the inside bearing surface
- g. Install new greased bearing onto the bearing driver and assemble the tool as shown in fig 9 and 10
- h. Replace all seal, inner spacers, and clips.

Fig 10

