



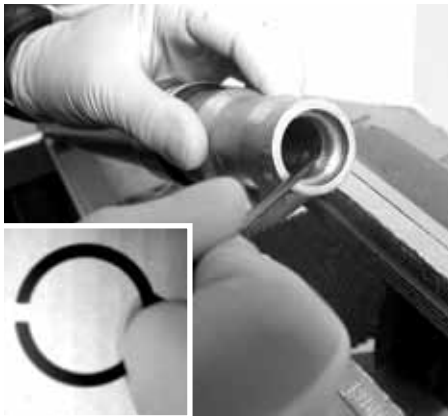
# MX-C CARTRIDGE INSTALL GUIDE

Refer to your motorcycle's fork service manual for proper fork cartridge removal procedures. The stock spring will be used in the FOX MX-C Cartridge installation, or refer to the fork spring chart at right for proper rider weight/spring rate selection.

## SPRING RATE / RIDER WEIGHT

MODEL (2007-10)	71-90 LB	91-110 LB (STOCK)	111-130 LB	130-170 LB
Honda CR 85R	.26kg/mm	.28kg/mm	.30kg/mm	
Honda CR 85RB	.26kg/mm	.28kg/mm	.30kg/mm	
Honda CRF 150R	.34kg/mm	.36kg/mm	.38kg/mm	.40kg/mm
Honda CRF 150RB	.34kg/mm	.36kg/mm	.38kg/mm	.40kg/mm
Suzuki RM 85	.26kg/mm	.28kg/mm	.30kg/mm	
Suzuki RM 85L	.26kg/mm	.28kg/mm	.30kg/mm	
Kawasaki KX 85	.27kg/mm	.29kg/mm	.31kg/mm	
Yamaha YZ 85	.27kg/mm	.29kg/mm	.31kg/mm	

- 1** Important note: with Kayaba forks, the steel split washer inside the bottom of the fork must be removed.



- 2** Clean and inspect all parts, install new fork seals and bushings. Refer to the fork service manual for your motorcycle, for proper installation instructions.

- 3** Remove the FOX MX-C Cartridge from the packaging. Remove the rebound adjuster assembly from the damping rod and set it aside. Thread the lower lock nut onto the damping rod until it stops. (HAND TIGHT ONLY!)

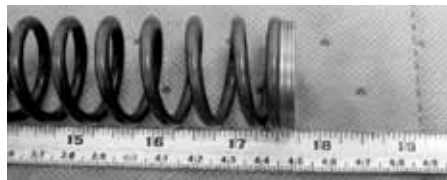


- 4** Slide the spring tube onto the FOX MX-C Cartridge with the steel spring seat facing spring side.



- 5** Measure the fork springs. With Showa forks, the minimum spring length needs to be 448 mm. For Kayaba forks, the minimum spring length needs to be 433 mm.

*Note: If your spring length is shorter than the minimum length, you will need to add preload washers (PN 018-05-028) to the bottom side of the spring.*



- 6** When using preload washers, always make sure they are installed between the spring and the bottom-out cup (the preload washers shown below are for illustrative purposes only; the required number of washers may vary).



- 7** Install the spring, preload washer and bottom-out cup onto the FOX MX-C Cartridge.

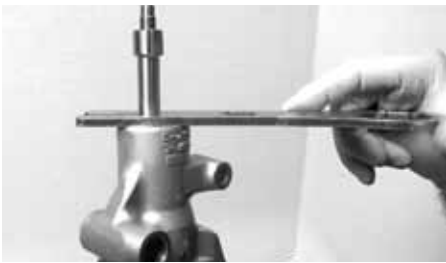
- 8** Install the complete MX-C assembly into the stock fork upper tube.



- 9** Make sure the threaded end of the bottom-out cup is seated up to the fork lug.



**10** Compress the fork so the MX-C damping rod is sticking out of the bottom of the fork lug. Install a fork spring clip tool (e.g., PN 398-00-092) between the top of the lock nut and the fork lower lug. This will hold the damping rod in the compressed state while installing the rebound adjuster onto the rod.



**11** Install the MX-C rebound adjuster assembly onto the damping rod as far up on the threads as possible. Hold the lock nut and tighten the rebound adjuster assembly to the nut. The required torque specification is 15 ft-lb.



**12** Remove the spring clip tool.

**13** Compress the FOX MX-C Cartridge lightly to hold the bottom-out cup against bottom of fork. Thread in the rebound adjuster to the bottom-out cup. Tighten to 35 ft-lb torque.



**14** Check for proper spring preload. Hold the cartridge to full extension and check to see if you have proper spring preload. You should have zero gap (free space)! If you have any gap, you will need to add more preload washers (see steps 5 & 6).



**15** Fill the outer chamber of the fork with a premium 5 wt. racing fork fluid. The recommended oil volume for the Showa fork is 170 cc. The Kayaba fork oil volume is 160 cc. See the FOX MX-C owner's manual for fork oil volume tuning.



**16** Using the FOX top cap tool (PN 398-00-292), tighten the top cap to 30 ft-lb torque.



**17** Set rebound and compression clickers to 12 clicks out from full in. See the FOX MX-C owner's manual for on-track tuning tips.

**18** Before installing your FOX MX-C fork decals, clean the fork thoroughly. Remove all oil residue.

**19** Place the right side decal (from the seated rider's perspective) onto right upper tube. Repeat this procedure for the left side.

