

| <b>Maintenance – R80 Monoshock</b><br><a href="mailto:paragon@bmwairheads.com">paragon@bmwairheads.com</a> - 2004<br>USE AT YOUR OWN RISK |  |
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| <b>Engine Oil &amp; Filter</b>  | <ul style="list-style-type: none"> <li>• Synthetic</li> <li>• Litre 2.25 with Oil Filter,(Litre 0.25)</li> <li>• Drain Plug 30 Nm</li> <li>• Oil Filter Bolts 10 Mn</li> <li>• <b>Every 5000 miles or 6 months</b></li> </ul> <p><i>(if less than 5,000 miles I do every year with filter change every two years but that's just me)</i></p> |
| <b>Gearbox Oil</b>  | <ul style="list-style-type: none"> <li>• Litre 0.80 hypoid gear oil SAE 80/W90, API classification GL 5</li> <li>• New Gasket</li> <li>• Drain Plug 23 -26 Nm</li> <li>• Oil filler plug 28 – 31 Nm</li> <li>• <b>Every 10,000 miles or once a year</b></li> </ul>   |
| <b>Valves</b>   | <ul style="list-style-type: none"> <li>• Check &amp; Adjust</li> <li>• New Rocker Cover Gaskets</li> </ul>   |
| <b>Final Drive Oil (rear-wheel drive)</b>   | <ul style="list-style-type: none"> <li>• Litre 0.35 hypoid gear oil SAE 80/W90</li> <li>• New Gasket</li> <li>• Piece of cardboard</li> <li>• Drain Plug 12 -16 Nm</li> <li>• Oil Filler Plug 12 -16 Nm</li> <li>• Oil level Plug 7.5 Nm</li> <li>• <b>Every 10,000 miles or once a year</b></li> </ul>                                      |
| <b>Rear Swinging Arm</b>  | <ul style="list-style-type: none"> <li>• Litre 0.15 hypoid gear oil SAE 80/W90</li> <li>• New Gasket</li> <li>• <b>Every 10,000 miles or once a year</b></li> </ul>  |
| <b>Fork Oil</b>   | <ul style="list-style-type: none"> <li>• Content per fixed tube, Litre 0.27 + 0.01</li> <li>• Fork Top Plug 120 Nm</li> <li>• Filler Plug 20 Nm</li> <li>• Drain Plug 5 – 7 Nm</li> <li>• <b>Every 10,000 miles or once a year</b></li> </ul>  |
| <b>Swinging Arm Bearing</b>   | <ul style="list-style-type: none"> <li>• Grease Gun</li> <li>• <b>Every 5,000 miles</b></li> </ul>   |
| <b>Clutch Cable</b>   | <ul style="list-style-type: none"> <li>• Oil nipple pivots</li> <li>• <b>Every 5,000 miles</b></li> </ul>  |

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| <b>Steering Head Bearing Play</b> | <ul style="list-style-type: none"> <li>• Check</li> <li>• <b>Every 10,000 miles</b></li> </ul>   |
| <b>Front Wheel Bearing Play</b>   | <ul style="list-style-type: none"> <li>• Check</li> <li>• <b>Every 10,000 miles</b></li> </ul>   |
| <b>Battery</b>                    | <ul style="list-style-type: none"> <li>• Check levels</li> <li>• Bosh 12v 18 Amp – 0 180 051 814</li> <li>• 8mm(w) 18mm(l) 17mm(h)</li> <li>• <b>Every 5,000 miles</b></li> </ul>                                    |
| <b>Front Discs</b>                | <ul style="list-style-type: none"> <li>• Check</li> <li>• <b>Every 5,000 miles</b></li> </ul>  |
| <b>Rear Drums</b>                 | <ul style="list-style-type: none"> <li>• Check</li> <li>• <b>Every 5,000 miles</b></li> </ul>  |
| <b>Spark Plugs</b>                | <ul style="list-style-type: none"> <li>• Bosch W7D</li> <li>• Beru 14-7D</li> <li>• Champion N-10Y</li> <li>• Gap 0.024" + 0.004"</li> <li>• 25 Nm, (20 to 30 Nm)</li> <li>• Anti-seize</li> </ul>                   |
| <b>Brake Fluid</b>                | <ul style="list-style-type: none"> <li>• 0.53 pints</li> <li>• DOT 4</li> <li>• Fluid Bleeding device of choice</li> <li>• <b>Replace once a year</b></li> </ul>   |
| <b>Fuel Filters</b>               | <ul style="list-style-type: none"> <li>• Clean</li> </ul>  |
| <b>Air Filter</b>                 | <ul style="list-style-type: none"> <li>• BMW Air Filter or K&amp;N Air Filter</li> </ul>   |
| <b>Spline Lube</b>                | <ul style="list-style-type: none"> <li>• <b>BMW #10, or lube of your choice (Moly fortified recommended)</b></li> </ul>  |
| <b>Tyres</b>                      | <ul style="list-style-type: none"> <li>• Front 90/90 – 18 50 H tubeless</li> <li>• Rear 120/90 – 18 65 H tubeless</li> <li>• Pressures – solo F 31psi R 36 psi</li> <li>• Pressures – 2up F 34psi R 41psi</li> </ul> |
| <b>OTHER</b>                      |  |
| <b>Various Tubes of stuff</b>     | <ul style="list-style-type: none"> <li>• Blue Loctite</li> <li>• Anti-Sieze</li> <li>• Contact Cleaner</li> <li>• HondaMoly Spline Lube or equivalent</li> </ul>   |