



**FITTING INSTRUCTIONS FOR AB0020BK UPPER ADVENTURE BARS**  
**HONDA AFRICA TWIN (CRF1000L) 2016-**

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**THIS KIT CONTAINS THE ITEMS PICTURED AND LABELLED BELOW.**  
**DO NOT PROCEED UNTIL YOU ARE SURE ALL PARTS ARE PRESENT.**

Please note that the way the kit is packed does not necessarily represent the way of mounting to the bike

Please note that in cases where kits are packed with rubber washers holding the components onto the bolt – *the rubber washers should be thrown away!*

THE PARTS SHOWN MAY BE REPRESENTATIVE ONLY (FOR CLARITY OF INSTRUCTIONS ONLY)

**Digital copies of these instructions are available to download from [www.rg-racing.com](http://www.rg-racing.com)**

**GENERAL TORQUE SETTINGS**

M4 BOLT = 8Nm

M5 BOLT = 12Nm

M6 BOLT = 15Nm

M8 BOLT = 20Nm

M10 BOLT = 40Nm

**TOOLS REQUIRED**

- Socket set to include a 12, 13, 14 and 17mm sockets and wrench and/or spanners.
  - Set of Allen keys to include 4 and 5mm A/F.
  - Torque wrench (up to 40Nm).

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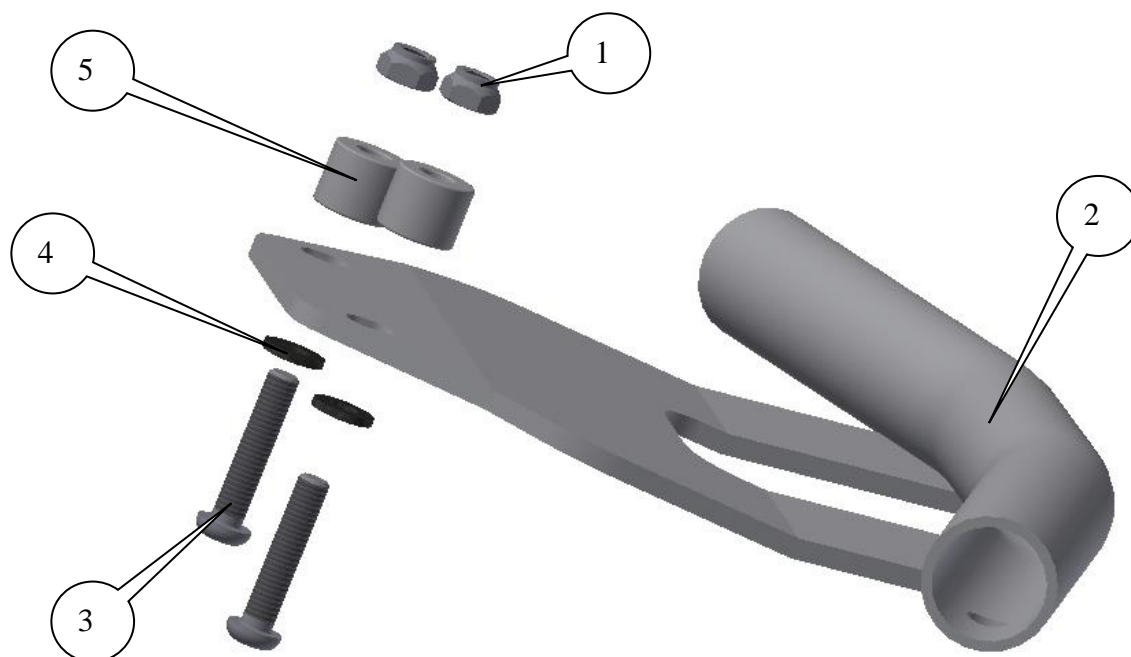
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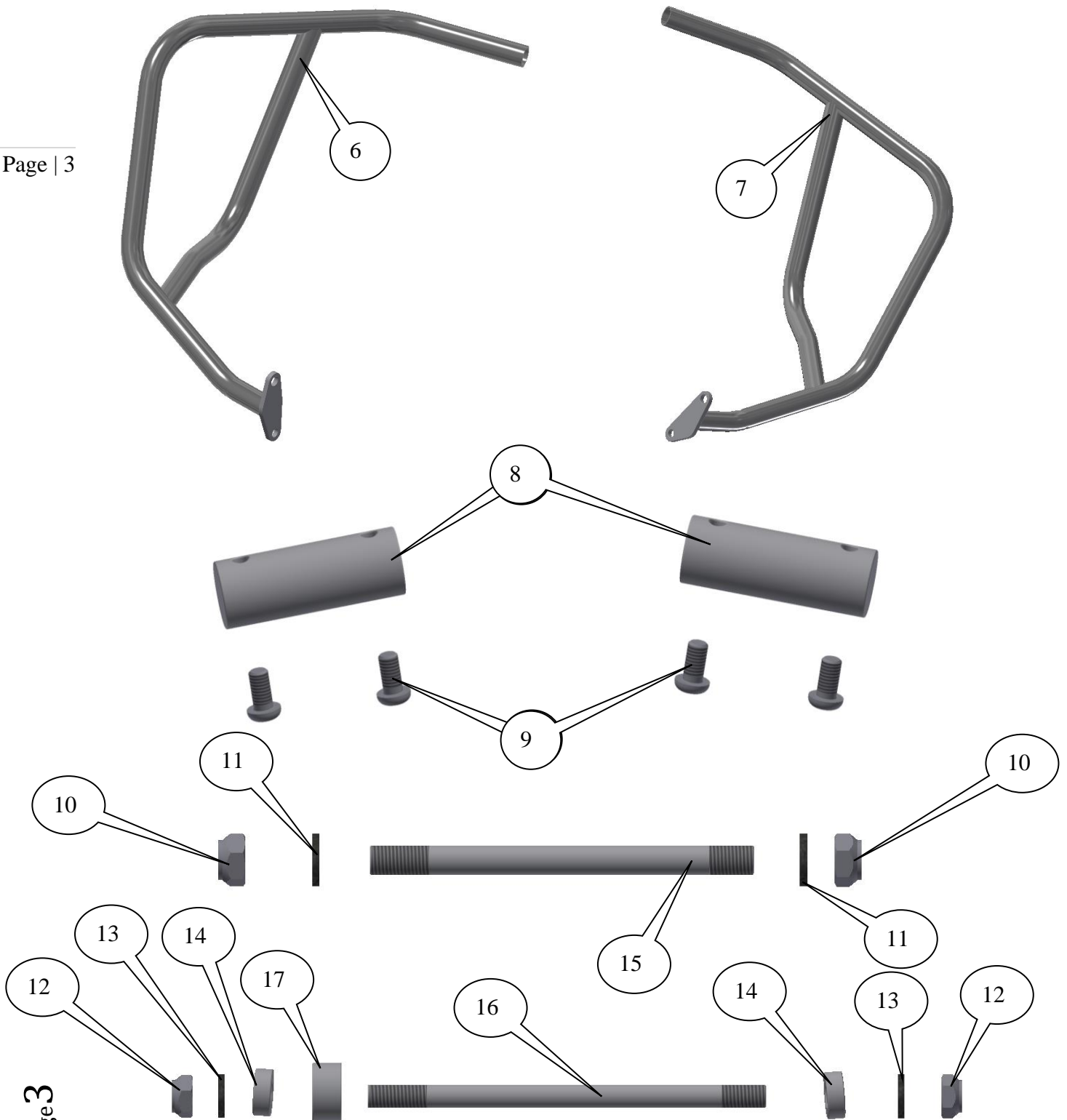


**In This Kit, There Should Be**

- 1x Left Hand Side Adventure Bar (CB051).
- 1x Right Hand Side Adventure Bar (CB052).
  - 1x Link Bracket (AB0020 MOUNT).
  - 2x Tube Connecting Blocks (M0445).
- 1x M10 Spindle Bar 130mm Long (SB0122).
- 1x M8 Spindle Bar 135mm Long (SB0123).
  - 2x M10 Nyloc Nuts.
  - 2x M10 Washers.
  - 2x M8 Nyloc Nuts.
  - 2x M8 Washers.
  - 2x M6 Nyloc Nuts.
  - 2x M6 Washers.
- 2x Spacers 12mm Long (S0944).
- 2x Spacers 6mm Long (S0299).
- 1x Spacer 10mm Long (S0995).

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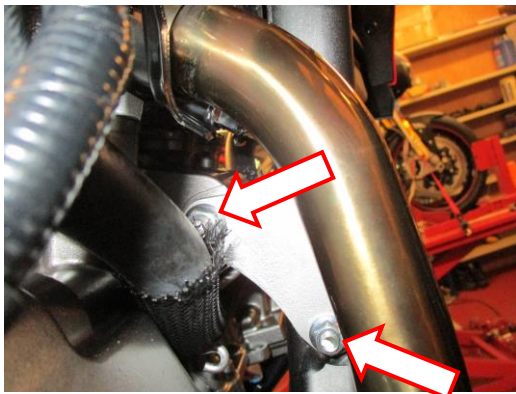




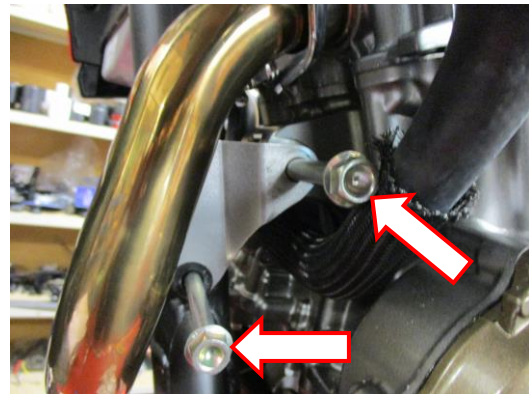


**LEGEND**

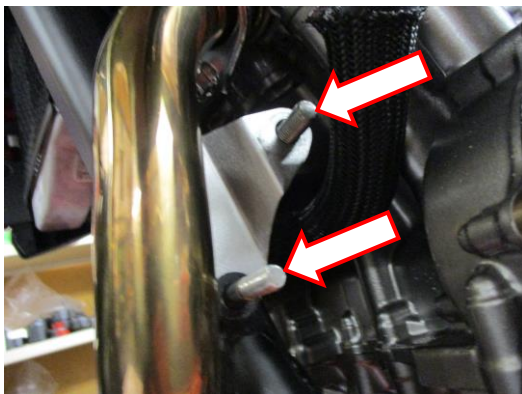
- ITEM 1 = M6 NYLOC NUTS (x2).
- ITEM 2 = AB0020 MOUNT LINK BRACKET WELDED ASSEMBLY (x1).
- ITEM 3 = M6 x 30mm LONG BUTTON HEAD BOLTS (x2).
- ITEM 4 = M6 WASHERS (x2).
- ITEM 5 = SPACERS (S0994=12mm LONG) (x2).
- ITEM 6 = ADVENTURE BAR LEFT-HAND SIDE (CB051=WELDED ASSEMBLY) (x1).
- ITEM 7 = ADVENTURE BAR RIGHT-HAND SIDE (CB052=WELDED ASSEMBLY) (x1).
- ITEM 8 = TUBE CONNECTING BLOCKS (M0455) (x2).
- ITEM 9 = M6 x 12mm LONG BUTTON HEAD BOLTS (x4).
- ITEM 10 = M10 NYLOC NUTS (x2).
- ITEM 11 = M10 WASHERS (x2).
- ITEM 12 = M8 NYLOC NUTS (x2).
- ITEM 13 = M8 WASHERS (x2).
- ITEM 14 = SPACERS (S0299=6mm LONG) (x2).
- ITEM 15 = M10 SPINDLE BAR (SB122=130mm LONG) (x1).
- ITEM 16 = M8 SPINDLE BAR (SB123=135mm LONG) (x1).
- ITEM 17 = SPACER (S0995=10mm LONG) (x2).



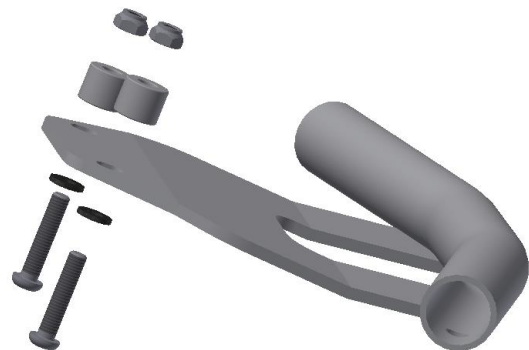
PICTURE 1



PICTURE 2



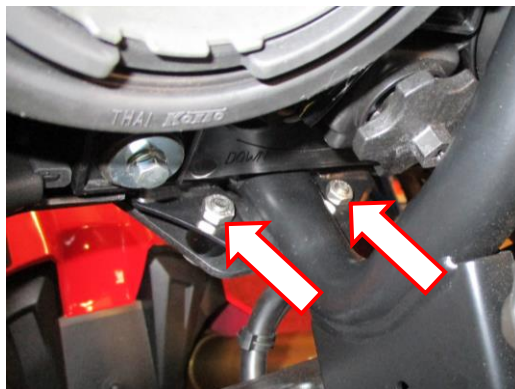
PICTURE 3



PICTURE 4



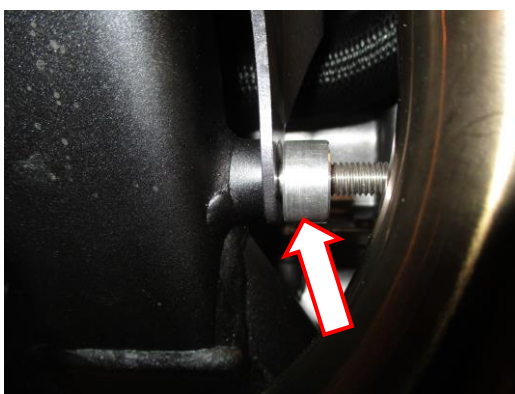
PICTURE 5



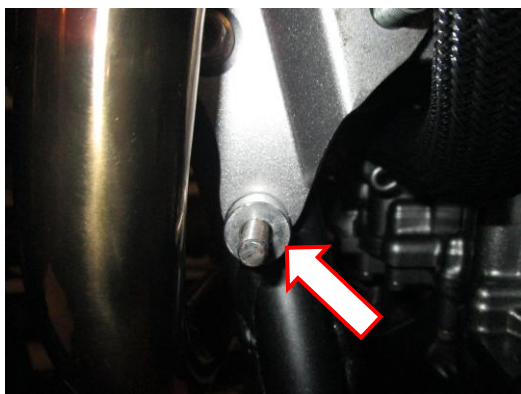
PICTURE 6



PICTURE 7



PICTURE 8



PICTURE 9

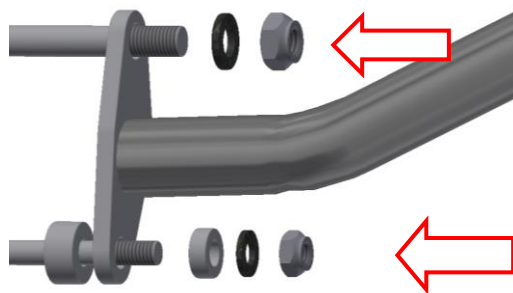


PICTURE 10

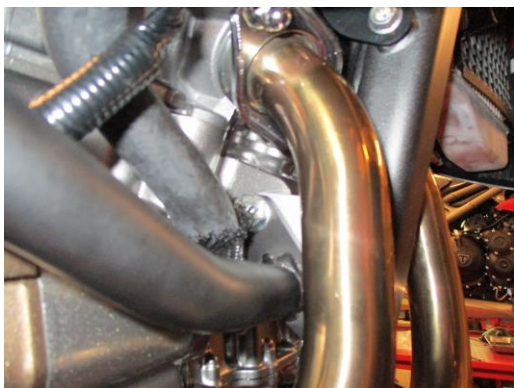
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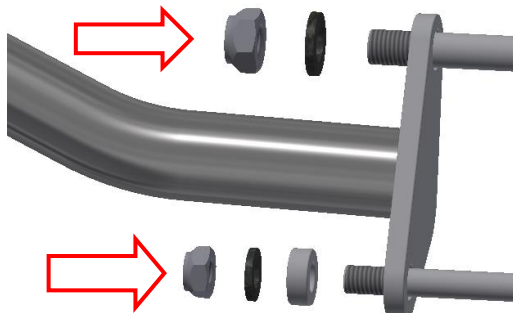
PICTURE 11



PICTURE 12



PICTURE 13



PICTURE 14



PICTURE 15



PICTURE 16

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## FITTING INSTRUCTIONS

### *Off side (right side as you sit on bike)*

- Remove the two nuts arrowed in picture 1.

### *Near side (left side as you sit on bike)*

- Remove the two original bolts arrowed in picture 2 and replace them with the two spindle bars (items 15 and 16) the larger one fits into the uppermost hole, leaving equal amounts protruding from either side as shown in picture 3.
- Take the two longer M6 button head bolts with washers (items 3 and 4) through the slots in the AB0020 mount link bracket (item 2) and place the two spacers (item 5=12mm long) onto the exposed end of the bolt as shown in picture 4.
- Offer this assembly into position as shown in picture 5 and secure using the two M6 Nyloc nuts (items 1) as shown in picture 6 (please fully engage the nuts but do not fully tighten at this stage).
- Place one of the tube connecting blocks (item 8) into the open end of the AB0020 mount link bracket and locate in position using one of the smaller M6 bolts (item 9) as shown in picture 7 (do not fully tighten at this stage).
- Place the spacer (item 17=10mm long) over the exposed end of the lower spindle bar as shown in pictures 8 and 9.
- Offer the left-hand side adventure bar (item 6) into position as shown in picture 10, place one of the M10 washers (item 11) and one of the M10 Nyloc nuts (item 10) onto the upper spindle bar (do not tighten at this stage) as shown in pictures 10 and 12.
- Locate the upper end of the adventure bar into the exposed end of the tube connecting block and secure using one of the smaller M6 button head bolts (item 9) as shown in picture 11.
- If not using AB0021 (lower adventure bars) place one of the thinnest spacers (item 14=6mm wide) followed by one of the M8 washers (item 13) and one of the m8 Nyloc nuts (item 12) onto the lower spindle bar as shown in picture 12 (do not tighten at this stage).

### *Off side (right side as you sit on bike)*

- Place the remaining tube connecting block (item 8) into the open end of the AB0020 mount link bracket and locate in position using one of the smaller M6 bolts (item 9) as shown in picture 15 (do not fully tighten at this stage).
- Offer the right-hand side adventure bar (item 7) into position as shown in picture 13, place one of the M10 washers (item 11) and one of the M10 Nyloc nuts (item 10) onto the upper spindle bar (do not tighten at this stage) as shown in picture 14.
- Locate the upper end of the adventure bar into the exposed end of the tube connecting block and secure using one of the smaller M6 button head bolts (item 9) as shown in picture 16.
- If not using AB0021 (lower adventure bars) place one of the thinnest spacers (item 14=6mm wide) followed by one of the M8 washers (item 13) and one of the m8 Nyloc nuts (item 12) onto the lower spindle bar as shown in picture 14 (do not tighten at this stage).
- Finally tighten all nuts and bolts ensuring no parts of the adventure bars contacts or can cause damage to any of the motorcycle parts.



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**NOTICE DE MONTAGE POUR AB0020BK BARRES AVENTURE SUPERIEURES  
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**Le kit contient les articles exposés ci-dessous, vérifier que toutes les pièces soient présentes avant de procéder au montage.**

**La façon dont le kit est emballé ne correspond pas forcément à la façon de monter les pièces sur la moto.**

**LES PARTIES PRESENTEES PEUVENT ETRE UNIQUEMENT REPRESENTATIVES (POUR LA CLARTE DES INSTRUCTIONS UNIQUEMENT)**

**Notice disponible au téléchargement sur [www.rg-racing.com](http://www.rg-racing.com)**

**COUPLES DE SERRAGE RECOMMANDES**

M4 BOULON = 8Nm  
M5 BOULON = 12Nm  
M6 BOULON = 15Nm  
M8 BOULON = 20Nm  
M10 BOULON = 40Nm

**OUTILS REQUIS**

- Set de douille 12, 13, 14 et 17mm et clé à tube ou clé anglaise.
  - Set de clés Allen incluant des clés de 4 et 5mm.

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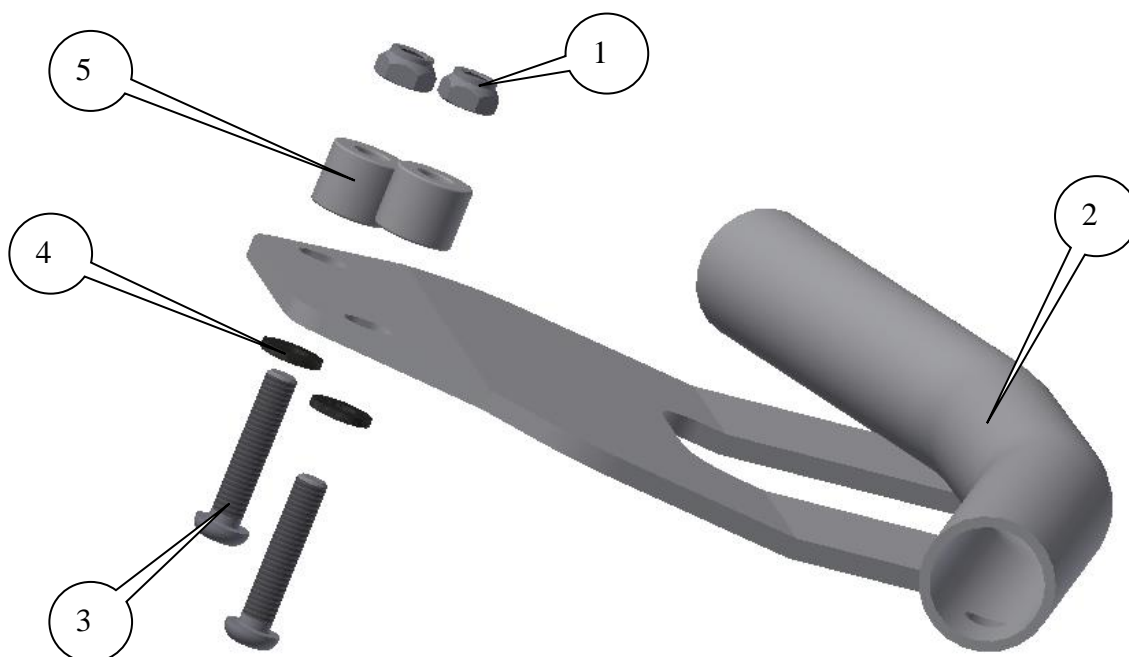
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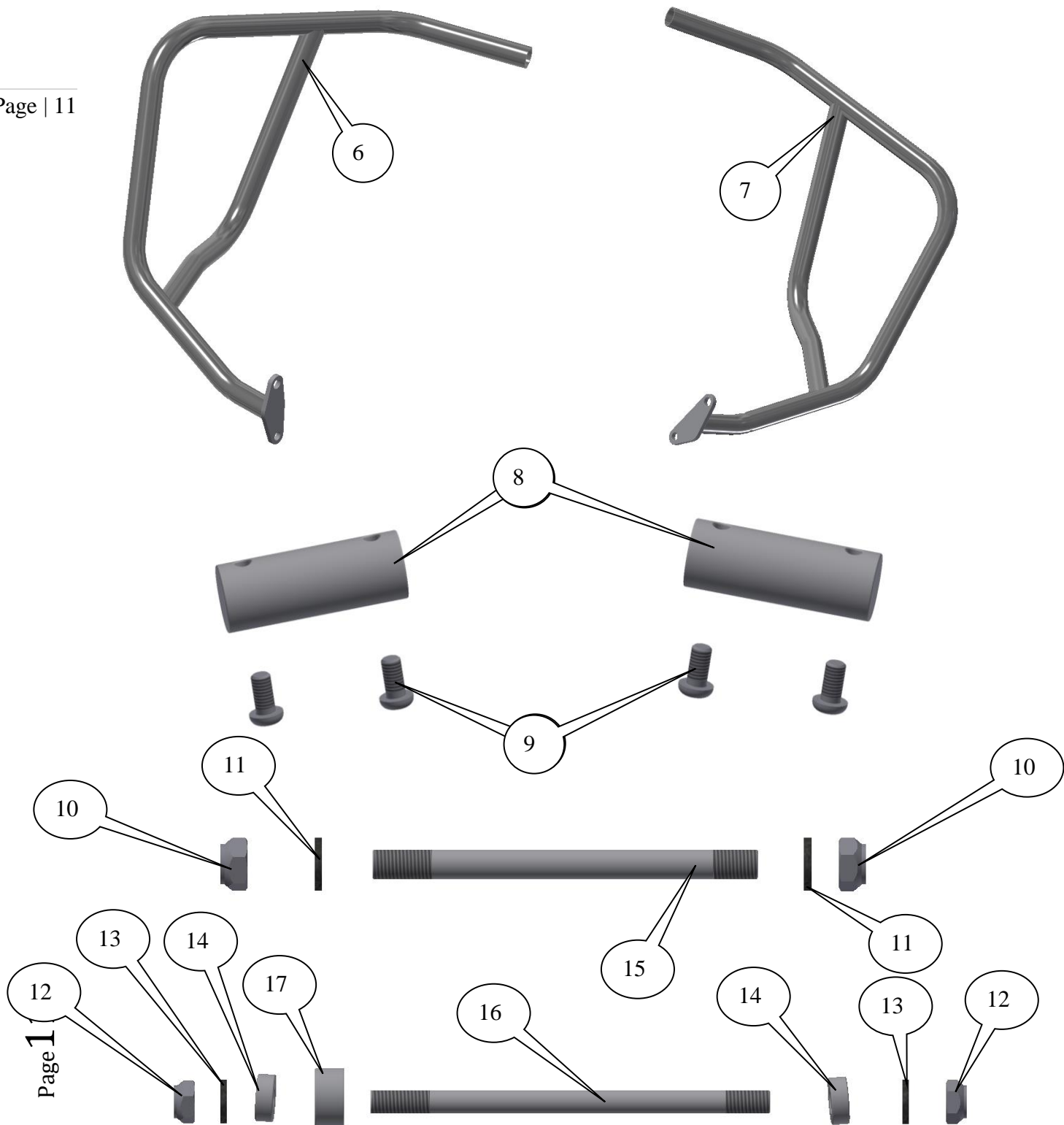


- Clé dynamométrique (à 40Nm).

**Ce kit doit contenir**

- 1x Barre aventure du coté gauche (CB051).
- 1x Barre aventure du coté droit (CB052).
- 1x Support lien (AB0020 SUPPORT).
- 2x Blocs de connection du tube (M0445).
- 1x M10 Axe de 130mm de long (SB0122).
- 1x M8 Axe de 135mm de long (SB0123).
  - 2x M10 Écrous.
  - 2x M10 Rondelles.
  - 2x M8 Écrous.
  - 2x M8 Rondelles.
  - 2x M6 Écrous.
  - 2x M6 Rondelles.
- 2x Entretoises 12mm de long (S0944).
- 2x Entretoises 6mm de long (S0299).
- 1x Entretoise 10mm de long (S0995).







### **LEGENDE**

- ARTICLE 1 = M6 ECROUS (x2).  
 ARTICLE 2 = AB0020 ASSEMBLAGE SOUDE DE SUPPORT DE FIXATION DU LIEN (x1).  
 ARTICLE 3 = M6 x 30mm BOULONS (x2).  
 ARTICLE 4 = M6 RONDELLES (x2).  
 ARTICLE 5 = ENTRETOISES (S0994=12mm DE LONG) (x2).  
 ARTICLE 6 = BARRE AVENTURE COTE GAUCHE (CB051=ASSEMBLAGE SOUDE) (x1).  
 ARTICLE 7 = BARRE AVENTURE COTE DROIT (CB052= ASSEMBLAGE SOUDE) (x1).  
 ARTICLE 8 = BLOCS DE CONNECTION DU TUBE (M0455) (x2).  
 ARTICLE 9 = M6 x 12mm BOULONS (x4).  
 ARTICLE 10 = M10 ECROUS (x2).  
 ARTICLE 11 = M10 RONDELLES (x2).  
 ARTICLE 12 = M8 ECROUS (x2).  
 ARTICLE 13 = M8 RONDELLES (x2).  
 ARTICLE 14 = ENTRETOISES (S0299=6mm LONG) (x2).  
 ARTICLE 15 = M10 AXE (B122=130mm DE LONG) (x1).  
 ARTICLE 16 = M8 AXE (SB123=135mm DE LONG) (x1).  
 ARTICLE 17 = ENTRETOISE (S0995=10mm DE LONG) (x2).

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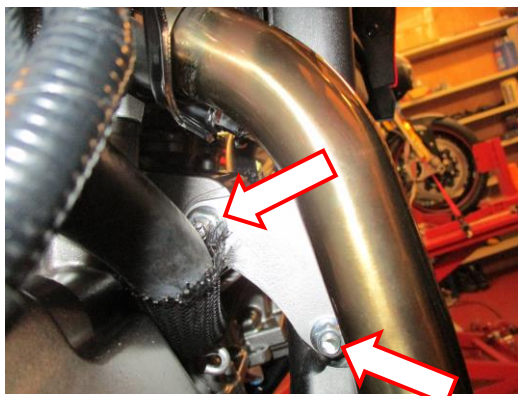


PHOTO 1

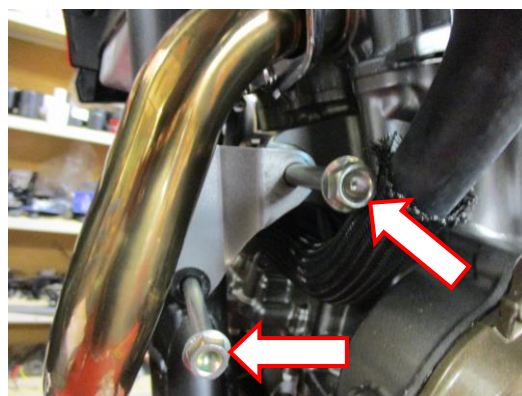


PHOTO 2

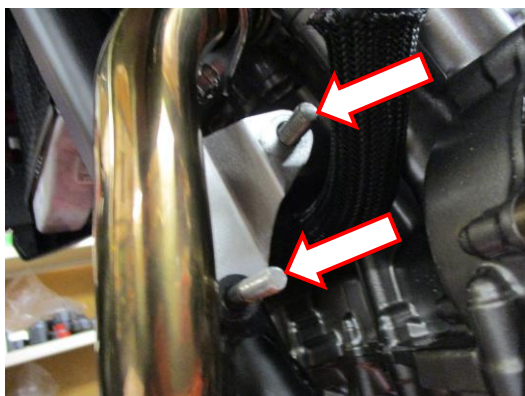


PHOTO 3

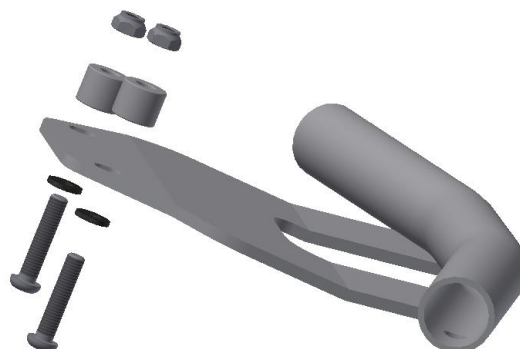


PHOTO 4

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PHOTO 5

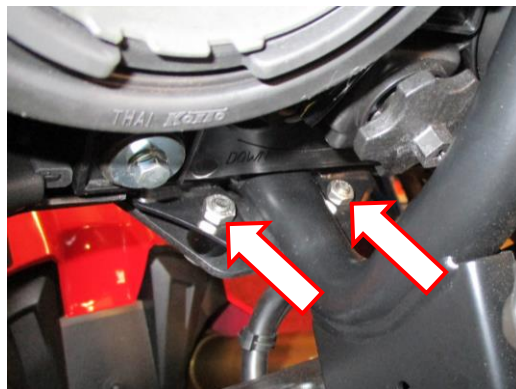


PHOTO 6



PHOTO 7

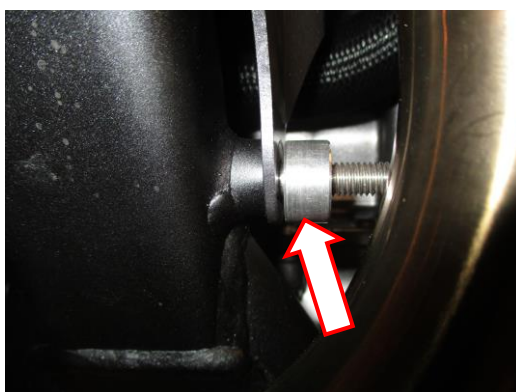


PHOTO 8



PHOTO 9



PHOTO 10

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PHOTO 11

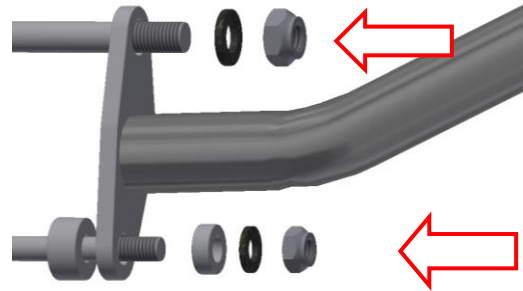


PHOTO 12



PHOTO 13

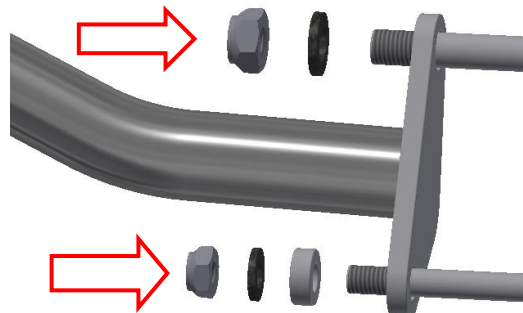


PHOTO 14



PHOTO 15



PHOTO 16

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## **NOTICE DE MONTAGE**

### **Coté droit (assis sur la moto)**

- Enlever les 2 écrous, voir Photo 1.

### **Coté gauche (assis sur la moto)**

- Enlever les 2 boulons d'origine, voir Photo 2 et remplacez les par 2 axes de moyeu (articles 15 et 16) le plus large se place dans le trou le plus haut, en laissant dépasser des longueurs égales de chaque coté, voir Photo 3.
- Prendre les 2 boulons M6 avec rondelles (articles 3 et 4) dans les fentes du support de fixation de lien AB0020 (article 2) puis placer les 2 entretoises (article 5=12mm de long) sur l'extrémité du boulon, voir Photo 4.
- Monter l'ensemble en position voir Photo 5 puis fixer à l'aide des 2 écrous M6 (articles 1) voir Photo 6 (Svp engagez complètement les écrous mais ne serrez pas complètement à ce stade du montage).
- Placer un des blocs de connection du tube (article 8) dans l'extrémité ouverte du support de fixation du lien AB0020 puis placez le en position à l'aide du plus petit boulon M6 (article 9) voir Photo 7 (Ne pas complètement serrer à ce stade).
- Place l'entretoise (article 17=10mm de long) sur l'extrémité de l'axe inférieur, voir Photos 8 et 9.
- Monter la Barre Aventure du coté gauche (article 6) en position, voir Photo 10, placer une des rondelles M10 (article 11) et un des écrous M10 (article 10) sur l'axe supérieur (Ne pas serrer complètement à ce stade) voir Photos 10 et 12.
- Placer l'extrémité supérieure de la Barre Aventure sur l'extrémité du bloc de connection de tube puis fixer à l'aide d'une petit boulon M6 (article 9) voir Photo 11.
- Si vous n'utilisez pas AB0021 (Les Barres Aventure inférieures) placer une des entretoises les plus fines (article 14=6mm de large) suivi d'une des rondelles M8 (article 13) et un des écrous M8 (article 12) sur l'axe inférieur, voir Photo 12 (Ne pas serrer à ce stade).

### **Coté droit (assis sur la moto)**

- Placer le bloc de connection du tube restant (article 8) dans l'extrémité ouverte du support de fixation du lien AB0020 puis placez le en position à l'aide du plus petit boulon M6 (article 9) voir Photo 15 (Ne pas complètement serrer à ce stade).
- Monter la Barre Aventure du coté droit (article 7) en position, voir Photo 13, placer une des rondelles M10 (article 11) et un des écrous M10 (article 10) sur l'axe supérieur (Ne pas serrer complètement à ce stade) voir Photo 14.
- Placer l'extrémité supérieure de la Barre Aventure sur l'extrémité du bloc de connection de tube puis fixer à l'aide d'un petit boulon M6 (article 9) voir Photo 16.
- Si vous n'utilisez pas AB0021 (Les Barres Aventure inférieures) placer une des entretoises les plus fines (article 14=6mm de large) suivi d'une des rondelles M8 (article 13) et un des écrous M8 (article 12) sur l'axe inférieur, voir Photo 14 (Ne pas serrer à ce stade).
- Enfin, serrer tous les écrous en vous assurant qu'aucune partie de la Barre Aventure ne puisse entrer en contact ou endommager une autre partie de la moto.



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