KYB and Showa Shock Service

Rebuilding shocks is fairly simple for the mechanically inclined using common hand tools. If you feel you do not have the mechanical ability, please do not attempt to rebuild your shock.

That said, most of the tools you will need are likely in your toolbox. The only special tool that is absolutely needed is the nitrogen tank and regulators. You can usually rebuild your shock and take it to your

local dealer for recharging.

Shocks need rebuilding for various reasons. The oil breaks down after a lot of use and needs to be changed. I change my oil twice a year but riders who ride a lot will need to service their shock more. If you have oil running down your shock shaft, or if your shock suddenly gets springy, your seal head has likely blown. Some of the steps listed below can be ignored if you are only changing your oil. Do all of the steps if you are replacing a seal head. Good luck and e-mail me at motoprof@motocross.com if you have any questions.

I tried to make servicing shocks as easy as I can. This is why this article is written in the way that it is. If you fill in the information when asked, it will make your job easier when reassembling it.

 Remove the shock from the bike and clean it thoroughly.

 Measure the installed spring length before removing the spring, fig 1. This will allow you to reinstall the spring close to the original sag if using the same spring.

My installed spring length is

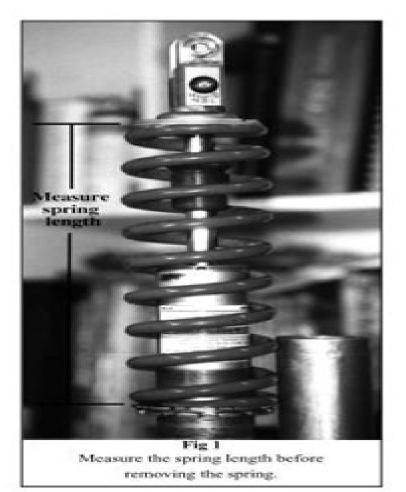
Screw both the compression and rebound adjusters in while counting how many clicks you hear.

My low speed compression adjuster is turns out.

My high speed compression adjuster is turns out (if installed).

> My rebound adjuster is turns out.

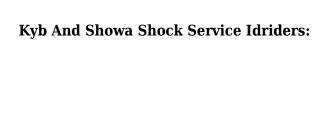
Turn the compression and rebound adjusters all the way out.



Clamp the shock in a padded vice and push down the nitrogen valve core to remove all of the nitrogen from the bladder. Remove the valve core.

Kyb And Showa Shock Service Idriders

M Woodhall



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Table of Contents Kyb And Showa Shock Service Idriders

- 1. Understanding the eBook Kyb And Showa Shock Service Idriders
 - The Rise of Digital Reading Kyb And Showa Shock Service Idriders
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Kyb And Showa Shock Service Idriders
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - $\circ\,$ Features to Look for in an Kyb And Showa Shock Service Idriders
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Kyb And Showa Shock Service Idriders
 - Personalized Recommendations
 - Kyb And Showa Shock Service Idriders User Reviews and Ratings
 - Kyb And Showa Shock Service Idriders and Bestseller Lists
- 5. Accessing Kyb And Showa Shock Service Idriders Free and Paid eBooks
 - Kyb And Showa Shock Service Idriders Public Domain eBooks
 - Kyb And Showa Shock Service Idriders eBook Subscription Services
 - Kyb And Showa Shock Service Idriders Budget-Friendly Options

- 6. Navigating Kyb And Showa Shock Service Idriders eBook Formats
 - o ePub, PDF, MOBI, and More
 - Kyb And Showa Shock Service Idriders Compatibility with Devices
 - Kyb And Showa Shock Service Idriders Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - o Adjustable Fonts and Text Sizes of Kyb And Showa Shock Service Idriders
 - Highlighting and Note-Taking Kyb And Showa Shock Service Idriders
 - Interactive Elements Kyb And Showa Shock Service Idriders
- 8. Staying Engaged with Kyb And Showa Shock Service Idriders
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Kyb And Showa Shock Service Idriders
- 9. Balancing eBooks and Physical Books Kyb And Showa Shock Service Idriders
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Kyb And Showa Shock Service Idriders
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Kyb And Showa Shock Service Idriders
 - Setting Reading Goals Kyb And Showa Shock Service Idriders
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Kyb And Showa Shock Service Idriders
 - Fact-Checking eBook Content of Kyb And Showa Shock Service Idriders
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements

• Interactive and Gamified eBooks

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