



Spring rate / Rider weight

| CR85R Small Wheels 1996-2005 | | |
|------------------------------|-------------|--------------|
| | Fork spring | Shock spring |
| Standard spring | 33-450-2,6 | 56/53-245-50 |
| Rider weight | | |
| 35-40 kg | AT REQ. | 42,5 |
| 40-45 kg | AT REQ. | 45 |
| 45-50 kg | 2,4 | 47,5 |
| 50-55 kg | STD | STD |
| 55-60 kg | 2,8 | 52,5 |
| 60-65 kg | 3,0 | 55 |
| 65-70 kg | 3,2 | 57,5 |
| 70-75 kg | 3,4 | 60 |

| CR85R Small Wheels 2006-2007 | | |
|------------------------------|-------------|--------------|
| | Fork spring | Shock spring |
| Standard spring | 33-450-2,8 | 56/53-245-50 |
| Rider weight | | |
| 35-40 kg | AT REQ. | 42,5 |
| 40-45 kg | 2,4 | 45 |
| 45-50 kg | 2,6 | 47,5 |
| 50-55 kg | STD | STD |
| 55-60 kg | 3,0 | 52,5 |
| 60-65 kg | 3,2 | 55 |
| 65-70 kg | 3,4 | 57,5 |
| 70-75 kg | 3,6 | 60 |

| CRF150R/B 2013-2014 | | |
|---------------------|-------------|--------------|
| | Fork spring | Shock spring |
| Standard spring | 33-450-3,4 | 56/53-245-50 |
| Rider weight | | |
| 35-40 kg | 2,6 | 40 |
| 40-45 kg | 2,8 | 42,5 |
| 45-50 kg | 3,0 | 45 |
| 50-55 kg | 3,2 | 47,5 |
| 55-60 kg | STD | STD |
| 60-65 kg | 3,6 | 52,5 |
| 65-70 kg | 3,8 | 55 |
| 70-75 kg | AT REQ. | 57,5 |

| CR250R 2001-2007 | | |
|------------------|---------------|--------------|
| | Fork spring | Shock spring |
| Standard spring | 42,75-495-4,2 | 64/66-260-50 |
| Rider weight | | |
| 55-65 kg | 3,8 | 46 |
| 65-75 kg | 4,0 | 48 |
| 75-85 kg | STD | STD |
| 85-95 kg | 4,4 | 52 |
| 95-105 kg | 4,6 | 54 |
| 105-115 kg | 4,8 | 56 |
| 115-125 kg | 5,0 | 58 |

| CR85RB Large Wheels 2000-2007 | | |
|-------------------------------|-------------|----------------|
| | Fork spring | Shock spring |
| Standard spring | 33-450-2,8 | 56/53-245-52,5 |
| Rider weight | | |
| 35-40 kg | AT REQ. | 45 |
| 40-45 kg | 2,4 | 47,5 |
| 45-50 kg | 2,6 | 50 |
| 50-55 kg | STD | STD |
| 55-60 kg | 3,0 | 55 |
| 60-65 kg | 3,2 | 57,5 |
| 65-70 kg | 3,4 | 60 |
| 70-75 kg | 3,6 | AT REQ. |

| CRF150R/B 2007-2012 | | |
|---------------------|-------------|--------------|
| | Fork spring | Shock spring |
| Standard spring | 33-450-3,6 | 56/53-245-50 |
| Rider weight | | |
| 35-40 kg | 2,8 | 40 |
| 40-45 kg | 3,0 | 42,5 |
| 45-50 kg | 3,2 | 45 |
| 50-55 kg | 3,4 | 47,5 |
| 55-60 kg | STD | STD |
| 60-65 kg | 3,8 | 52,5 |
| 65-70 kg | AT REQ. | 55 |
| 70-75 kg | AT REQ. | 57,5 |

| CR125R 2000-2007 | | |
|------------------|-------------|--------------|
| | Fork spring | Shock spring |
| Standard spring | 41-485-4,2 | 59/62-270-46 |
| Rider weight | | |
| 45-55 kg | AT REQ. | 42 |
| 55-65 kg | AT REQ. | 44 |
| 65-75 kg | AT REQ. | STD |
| 75-85 kg | AT REQ. | 48 |
| 85-95 kg | AT REQ. | 50 |
| 95-105 kg | AT REQ. | 52 |
| 105-115 kg | AT REQ. | 54 |

| CRF250R 2004-2007 | | |
|-------------------|---------------|--------------|
| | Fork spring | Shock spring |
| Standard spring | 42,75-495-4,4 | 64/66-260-52 |
| Rider weight | | |
| 45-55 kg | 3,8 | 46 |
| 55-65 kg | 4,0 | 48 |
| 65-75 kg | 4,2 | 50 |
| 75-85 kg | STD | STD |
| 85-95 kg | 4,6 | 54 |
| 95-105 kg | 4,8 | 56 |
| 105-115 kg | 5,0 | 58 |
| 115-125 kg | 5,2 | 60 |

Note: Rider weight is body weight without clothing.





Spring rate / Rider weight

| CRF250R 2008-2009 | | |
|-------------------|---------------|--------------|
| | Fork spring | Shock spring |
| Standard spring | 42,75-495-4,6 | 64/66-260-53 |
| Rider weight | | |
| 45-55 kg | 3,8 | 46 |
| 55-65 kg | 4,0 | 48 |
| 65-75 kg | 4,4 | 50 |
| 75-85 kg | STD | STD |
| 85-95 kg | 4,8 | 54 |
| 95-105 kg | 5,0 | 56 |
| 105-115 kg | 5,2 | 58 |
| 115-125 kg | AT REQ. | 60 |

| CRF250R 2014 | | |
|-----------------|--------------|--------------|
| | Fork spring | Shock spring |
| Standard spring | 43,5-460-4,6 | 64/66-260-52 |
| Rider weight | | |
| 45-55 kg | 4,0 | 46 |
| 55-65 kg | 4,2 | 48 |
| 65-75 kg | 4,4 | 50 |
| 75-85 kg | STD | STD |
| 85-95 kg | 4,8 | 54 |
| 95-105 kg | 5,0 | 56 |
| 105-115 kg | 5,2 | 58 |
| 115-125 kg | AT REQ. | 60 |

| CRF450R 2009-2011 | | |
|-------------------|--------------|--------------|
| | Fork spring | Shock spring |
| Standard spring | 43,5-460-4,6 | 64/66-260-54 |
| Rider weight | | |
| 45-55 kg | 4,0 | 48 |
| 55-65 kg | 4,2 | 50 |
| 65-75 kg | 4,4 | 52 |
| 75-85 kg | STD | STD |
| 85-95 kg | 4,8 | 56 |
| 95-105 kg | 5,0 | 58 |
| 105-115 kg | 5,2 | 60 |
| 115-125 kg | AT REQ. | 62 |

| CRF450R 2013-2014 | | |
|-------------------|--------------|--------------|
| | Air pressure | Shock spring |
| Standard spring | 2,3 bar | 64/66-260-54 |
| Rider weight | | |
| 45-55 kg | | 48 |
| 55-65 kg | | 50 |
| 65-75 kg | | 52 |
| 75-85 kg | STD | STD |
| 85-95 kg | | 56 |
| 95-105 kg | | 58 |
| 105-115 kg | | 60 |
| 115-125 kg | | 62 |

| CRF250R 2010-2013 | | |
|-------------------|--------------|--------------|
| | Fork spring | Shock spring |
| Standard spring | 43,5-460-4,4 | 64/66-260-52 |
| Rider weight | | |
| 45-55 kg | 3,8 | 46 |
| 55-65 kg | 4,0 | 48 |
| 65-75 kg | 4,2 | 50 |
| 75-85 kg | STD | STD |
| 85-95 kg | 4,6 | 54 |
| 95-105 kg | 4,8 | 56 |
| 105-115 kg | 5,0 | 58 |
| 115-125 kg | 5,2 | 60 |

| CRF450R 2002-2008 | | |
|-------------------|---------------|--------------|
| | Fork spring | Shock spring |
| Standard spring | 42,75-495-4,6 | 64/66-260-54 |
| Rider weight | | |
| 45-55 kg | 4,0 | 48 |
| 55-65 kg | 4,2 | 50 |
| 65-75 kg | 4,4 | 52 |
| 75-85 kg | STD | STD |
| 85-95 kg | 4,8 | 56 |
| 95-105 kg | 5,0 | 58 |
| 105-115 kg | 5,2 | 60 |
| 115-125 kg | AT REQ. | 62 |

| CRF450R 2012 | | |
|-----------------|--------------|--------------|
| | Fork spring | Shock spring |
| Standard spring | 43,5-460-4,8 | 64/66-260-54 |
| Rider weight | | |
| 45-55 kg | 4,2 | 48 |
| 55-65 kg | 4,4 | 50 |
| 65-75 kg | 4,6 | 52 |
| 75-85 kg | STD | STD |
| 85-95 kg | 5,0 | 56 |
| 95-105 kg | 5,2 | 58 |
| 105-115 kg | AT REQ. | 60 |
| 115-125 kg | AT REQ. | 62 |

Note:

Rider weight is body weight without clothing.

