2007 YAMAHA WR450F

Maintenance schedule · tick each job as it's done

TIMELINE · MILES ON THE METER

600 mi
- ☐ Change engine oil *(first)*
- ☐ Change oil filter *(first)*
- ☐ Clean and oil air filter *(first)*
- ☐ Inspect spark plug *(first)*

DATE _____ MILES _____

1,200 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean and oil air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

2,400 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean and oil air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

3,600 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean and oil air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

4,800 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean and oil air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

6,000 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean and oil air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

7,200 mi
- ☐ Change engine oil
- ☐ Change oil filter
- ☐ Clean and oil air filter
- ☐ Inspect spark plug

DATE _____ MILES _____

SCHEDULE

Change engine oil
First at 600 mi or 1 month, then every 1,200 mi or 3 months

Change oil filter
First at 600 mi or 1 month, then every 1,200 mi or 3 months

Clean and oil air filter
First at 600 mi or 1 month, then every 1,200 mi or 3 months

Inspect spark plug
First at 600 mi or 1 month, then every 1,200 mi or 3 months

HARDER RIDING: SERVICE SOONER

Competition use · every 5 races or 1,000 km: change engine oil, replace oil filter, inspect piston, replace piston rings

Competition use · every race: clean and oil air filter

Competition use · every 3 races or 500 km: inspect and clean spark plug

Competition use: after break-in

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Competition use: after break-in

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Garage specs: fluids, plug, chain, tires and torques

FLUIDS

Oil type	10W-30, 20W-40 or 10W-50
Engine oil	1.00 US qt (0.95 L)
Coolant	1.1 US qt (1.0 L)
Fuel capacity	2.11 gal

SPARK PLUG

Spark plug	NGK CR8E
Plug gap	0.028 – 0.031 in (0.7 – 0.8 mm)

CHAIN, SPROCKETS & TIRES

Chain size	520
Chain links	114
Front sprocket	13T
Rear sprocket	50T
Front tire	80/100-21 51M
Rear tire	110/100-18 64M

TORQUE SPECS

Oil drain bolt (crankcase right)	15 ft-lb (20 N·m, 2.0 kgf·m)
Oil filter cover bolts	7.4 ft-lb (10 N·m, 1.0 kgf·m)
Spark plug	9.6 ft-lb (13 N·m, 1.3 kgf·m)
Front axle nut	66 ft-lb (90 N·m, 9.0 kgf·m)
Front axle pinch bolts	15 ft-lb (21 N·m, 2.1 kgf·m)
Rear axle nut	92 ft-lb (125 N·m, 12.5 kgf·m)
Upper triple clamp bolts	15 ft-lb (21 N·m, 2.1 kgf·m)
Lower triple clamp bolts	15 ft-lb (21 N·m, 2.1 kgf·m)
Steering stem nut	107 ft-lb (145 N·m, 14.5 kgf·m)
Handlebar clamp bolts	21 ft-lb (28 N·m, 2.8 kgf·m)
Front brake caliper mounting bolts	17 ft-lb (23 N·m, 2.3 kgf·m)
Front brake disc bolts	8.9 ft-lb (12 N·m, 1.2 kgf·m)
Rear brake disc bolts	10 ft-lb (14 N·m, 1.4 kgf·m)
Rear sprocket nuts	37 ft-lb (50 N·m, 5.0 kgf·m)
Front sprocket nut	55 ft-lb (75 N·m, 7.5 kgf·m)
Chain adjuster locknut	14 ft-lb (19 N·m, 1.9 kgf·m)
Shock absorber top mount	41 ft-lb (56 N·m, 5.6 kgf·m)
Shock absorber bottom mount	39 ft-lb (53 N·m, 5.3 kgf·m)
Coolant drain bolt	7.4 ft-lb (10 N·m, 1.0 kgf·m)

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