2026 YAMAHA YZ450F

Maintenance schedule · tick each job as it's done

TIMELINE · HOURS ON THE METER

		DATE	HOURS
2.5 h	☐ Inspect engine oil ☐ Clean and oil air filter		
5 h	☐ Inspect engine oil ☐ Clean and oil air filter		
7.5 h	☐ Inspect engine oil ☐ Change engine oil ☐ Clean and oil air filter ☐ Inspect spark plug		
10 h	☐ Inspect engine oil ☐ Clean and oil air filter		
12.5 h	☐ Inspect engine oil ☐ Change oil filter & piston and rings ☐ Clean and oil air filter		
15 h	☐ Inspect engine oil ☐ Change engine oil ☐ Clean and oil air filter ☐ Inspect spark plug		
17.5 h	☐ Inspect engine oil ☐ Clean and oil air filter		
20 h	☐ Inspect engine oil ☐ Clean and oil air filter		
22.5 h	☐ Inspect engine oil ☐ Change engine oil ☐ Clean and oil air filter ☐ Inspect spark plug		
25 h	☐ Inspect engine oil ☐ Change oil filter & piston and rings ☐ Clean and oil air filter		

SCHEDULE

Inspect engine oil
Every 2.5 hours or about 2.5 hours

Clean and oil air filter
Every 2.5 hours or about 2.5 hours

Change engine oil
Every 7.5 hours or about 7.5 hours

Inspect spark plug
Every 7.5 hours or about 7.5 hours

Change oil filter & piston and rings
Every 12.5 hours or about 12.5 hours

EVERY RIDE & BY THE CALENDAR

- ☐ **Change engine oil** · After break-in
- ☐ **Replace oil filter** · After break-in
- ☐ **Clean and oil air filter** · After break-in
- ☐ **Inspect spark plug** · After break-in

For reference only. Compiled from the manufacturer's owner's manual; it may contain errors and is not a substitute for it. Always follow your own manual and a qualified mechanic. FindMyDirtBike is not affiliated with Yamaha and accepts no liability for use of this sheet (findmydirtbike.com/terms).

2026 YAMAHA YZ450F

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

FLUIDS

Oil type	10W-40, 10W-50, 15W-40, 20W-40 or 20W-50
Engine oil	0.99 US qt (0.94 L)
Coolant	1.09 US qt (1.03 L)
Fuel capacity	1.6 gal

SPARK PLUG

Spark plug	NGK LMAR8G
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	51T
Front tire	Dunlop Geomax MX33F 80/100-21 51M
Rear tire	Dunlop Geomax MX33 120/80-19 63M

TORQUE SPECS

Oil drain bolt (crankcase)	15 ft-lb (20 N·m, 2.0 kgf·m)
Oil tank drain bolt	7.4 ft-lb (10 N·m, 1.0 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	85 ft-lb (115 N·m, 11.5 kgf·m)
Front axle pinch bolts	15 ft-lb (21 N·m, 2.1 kgf·m)
Rear axle nut	100 ft-lb (135 N·m, 13.5 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	21 ft-lb (28 N·m, 2.8 kgf·m)
Front brake disc bolts	8.9 ft-lb (12 N·m, 1.2 kgf·m)
Rear brake disc bolts	8.9 ft-lb (12 N·m, 1.2 kgf·m)
Rear sprocket nuts	31 ft-lb (42 N·m, 4.2 kgf·m)
Front sprocket nut	66 ft-lb (90 N·m, 9.0 kgf·m)
Chain adjuster locknut	15 ft-lb (21 N·m, 2.1 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)

For reference only. Compiled from the manufacturer's owner's manual; it may contain errors and is not a substitute for it. Always follow your own manual and a qualified mechanic. FindMyDirtBike is not affiliated with Yamaha and accepts no liability for use of this sheet (findmydirtbike.com/terms).