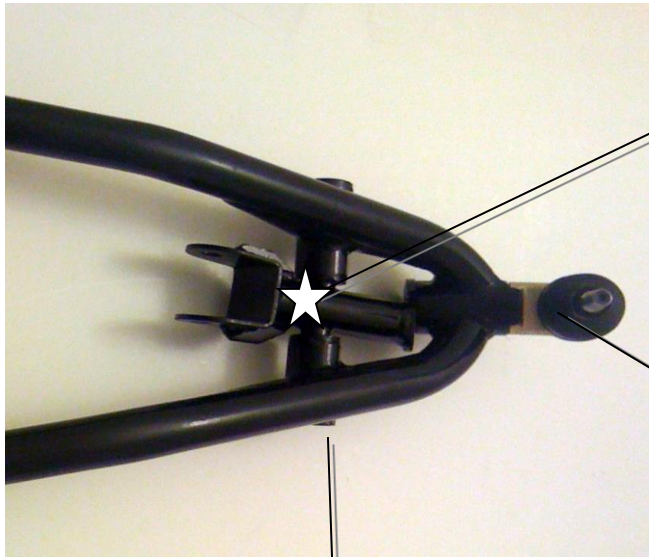


Long Travel A-arm with standard travel adaptor installation

Read the included suspension page before installing.



Important--This adaptor (see star on pic) is only used if you are using stock or stock length shocks. Follow instructions directly below.

Important—If you are using long-travel shocks remove this adaptor and follow the long-travel instructions on the next page.

Ball joint

Lower Shock Bolt

Adaptor use for standard travel or stock length shock

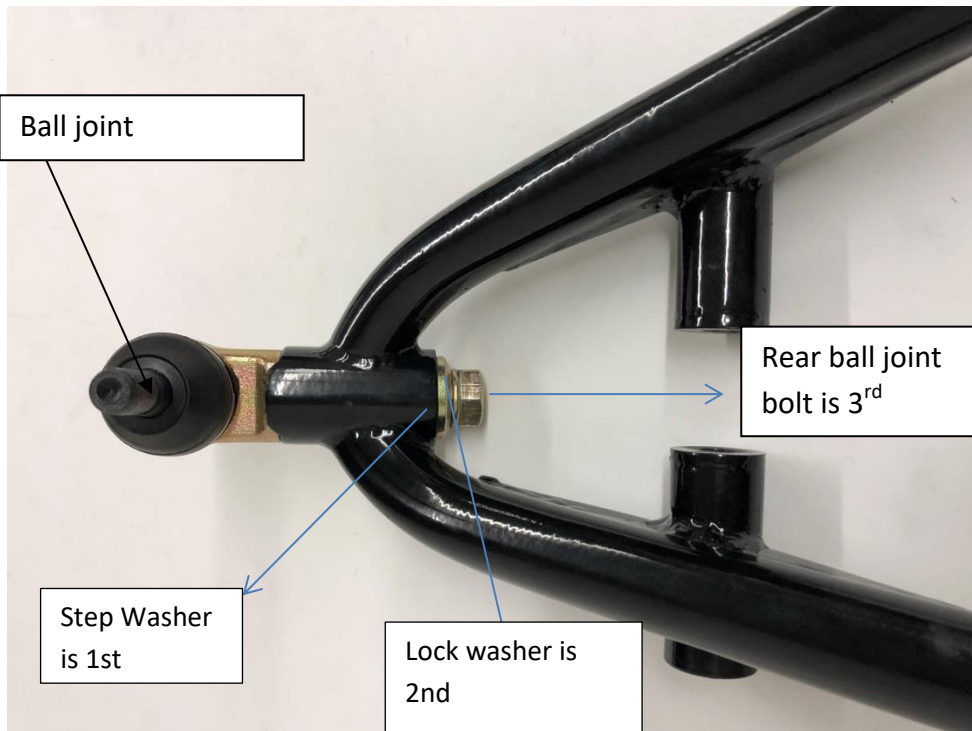
(These come pre-installed. Check bolts for proper torque. See specs below).

1. Insert the lower ball joint in the arm.
2. Put the adaptor in place. It will only fit one way. If it seems like it won't fit, use the other adaptor. Use the pic above as a reference to see how the adaptor fits.
3. Use the bolt that came with the ball joint to tighten the adaptor to the a-arm/ball joint. Do NOT use the gold step washer; save this washer. (You will use it if you convert to long travel). Screw the bolt/washer in, but do not tighten yet.
4. Use the supplied #10 x 60 bolt and nut. Run it through the shock mount tubes on the a-arm and through the adaptor tube. Tighten this bolt to 35ftlbs and tighten the ball joint bolt to 50ftlbs. Now you can use your stock length shocks.

These instructions are also found on our website under 'Tech' > ATV > ATV miscellaneous. The pics may be easier to see. Also, if you have questions please call. 619-562-0188 (Pacific Time) Mon thru Fri.

LONG TRAVEL A- ARM SETUP / REMOVAL OF STANDARD TRAVEL ADAPTOR

ONLY FOR USE WITH AFTERMARKET LONG-TRAVEL LENGTH SHOCKS

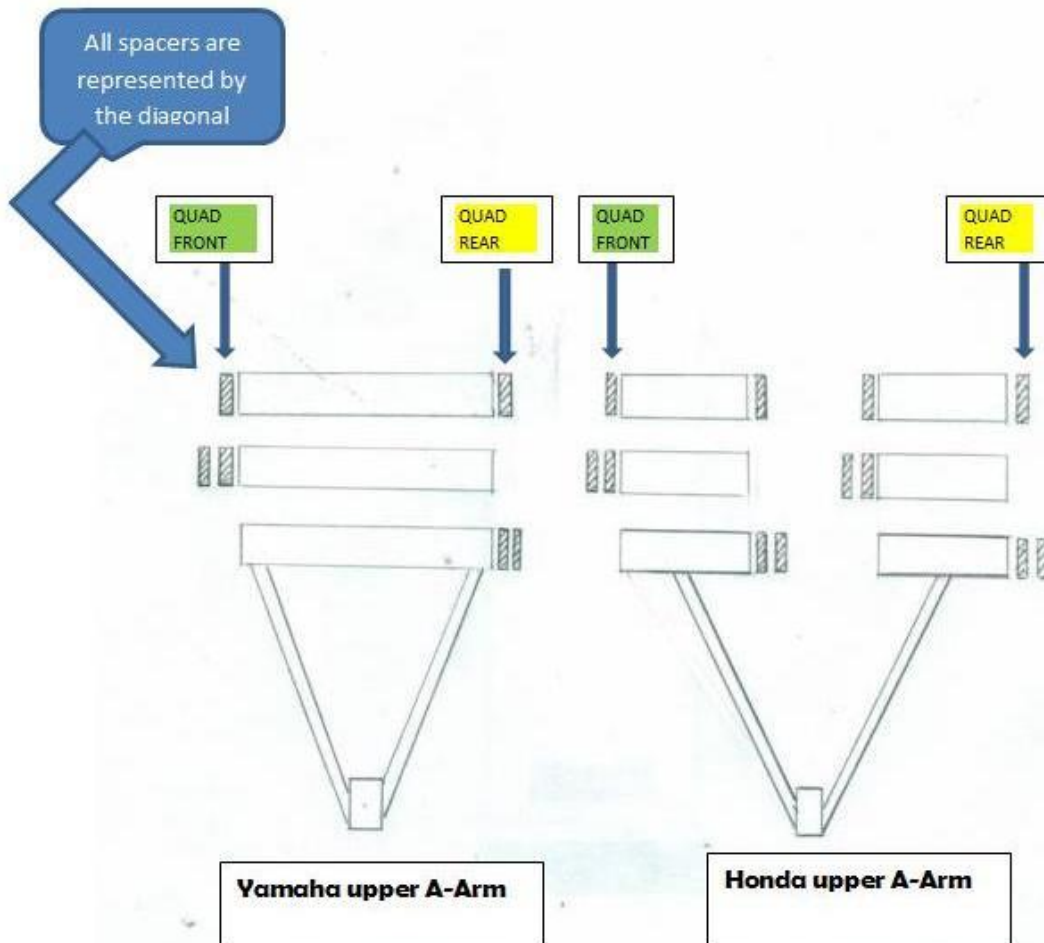


1. Remove the adaptor from the arm by removing the lower shock bolt and also the bolt in the back of the ball joint. Picture above shows with adaptor removed.
2. Attach the lower ball joint with the included gold step washer.
3. Slide the gold step washer into the arm at the rear of the ball joint.
4. Reinstall the ball joint bolt and the lock washer into the back of the ball joint. This bolt will go through the center of the gold step washer that you have just installed. (use pic as guide)
5. Torque the ball joint bolt to 50 ft. lbs.
6. Always recheck the ball joint torque after each ride.

These instructions are also found on our website under 'Tech' > ATV > ATV miscellaneous. The pics may be easier to see. Also, if you have questions please call. 619-562-0188 (Pacific Time) Mon thru Fri.

CASTOR ADJUSTMENT—Upper A-Arm Spacer Installation

Your Alba Racing A-Arms are 3 way adjustable to match your quad's turning capabilities to your riding situation. The change is made by moving the aluminum spacers to the configuration shown in the diagram below. **Note...**Yamaha is represented on the left; Honda is represented on the right.



-Recreational---This is the neutral position. One washer on each end of the Arm. Your quad will not turn too quickly or too slowly. This is good for all around trail riding.

-Desert riding---This position is for any high speed riding. Both spacers are at the front of the A-Arm.

WARNING—The quad will **NOT** turn as quickly. At high speeds the steering will feel steady. If you are racing in the desert this is what you will need

-MX riding---This position is for Motocross riding. Both spacers are put at the rear of the Arm. The quad will turn very quickly. **WARNING** ---At high speeds the front end will feel 'twitchy.'

Any questions? Give us a call @ 619-562-0188 www.teamalbaracing.com

Please note that you can also access the instructions on our website > tech center