



FITTING INSTRUCTIONS FOR AB0008BK ADVENTURE BARS
BMW F800GS 2008-

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PICTURE A



PICTURE B

THIS KIT CONTAINS THE ITEMS PICTURED AND LABELLED BELOW.
DO NOT PROCEED UNTIL YOU ARE SURE ALL PARTS ARE PRESENT.

Please note that the way the kit is packed does not necessarily represent the way of mounting to the bike

THE PARTS SHOWN MAY BE REPRESENTATIVE ONLY (FOR CLARITY OF INSTRUCTIONS ONLY)

Digital copies of these instructions are available to download from www.rg-racing.com

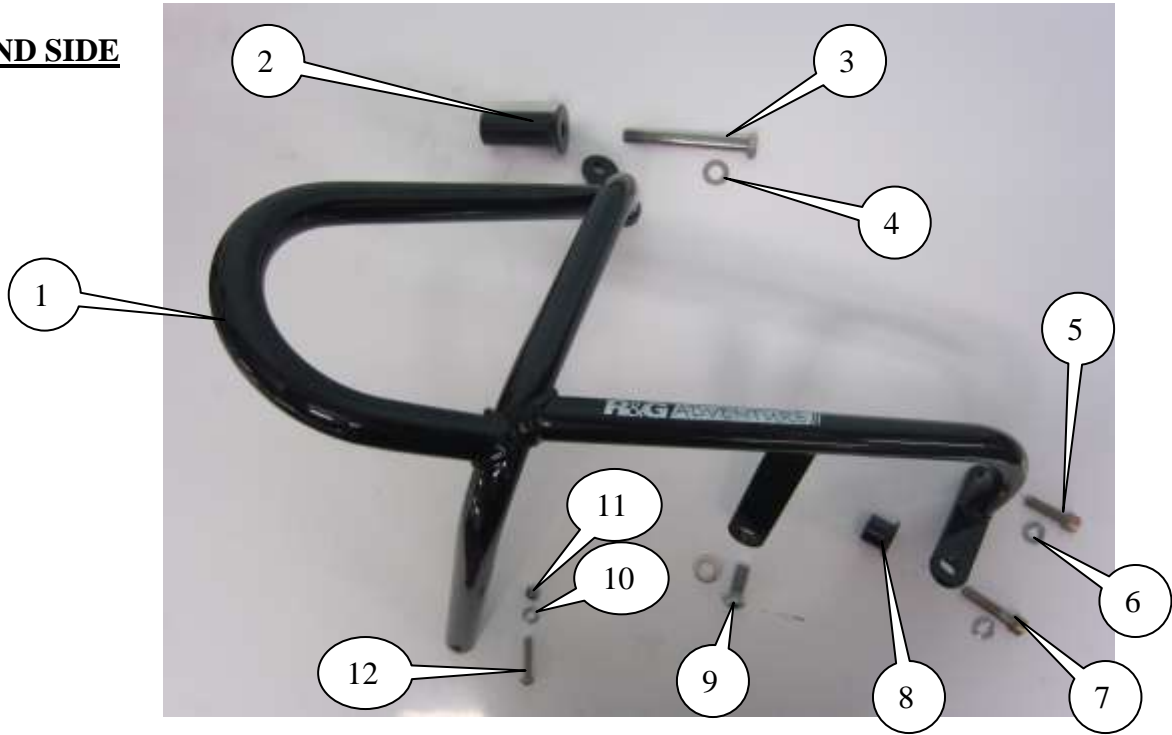
GENERAL TORQUE SETTINGS

M4 BOLT = 8Nm
M5 BOLT = 12Nm
M6 BOLT = 15Nm
M8 BOLT = 20Nm
M10 BOLT = 40Nm

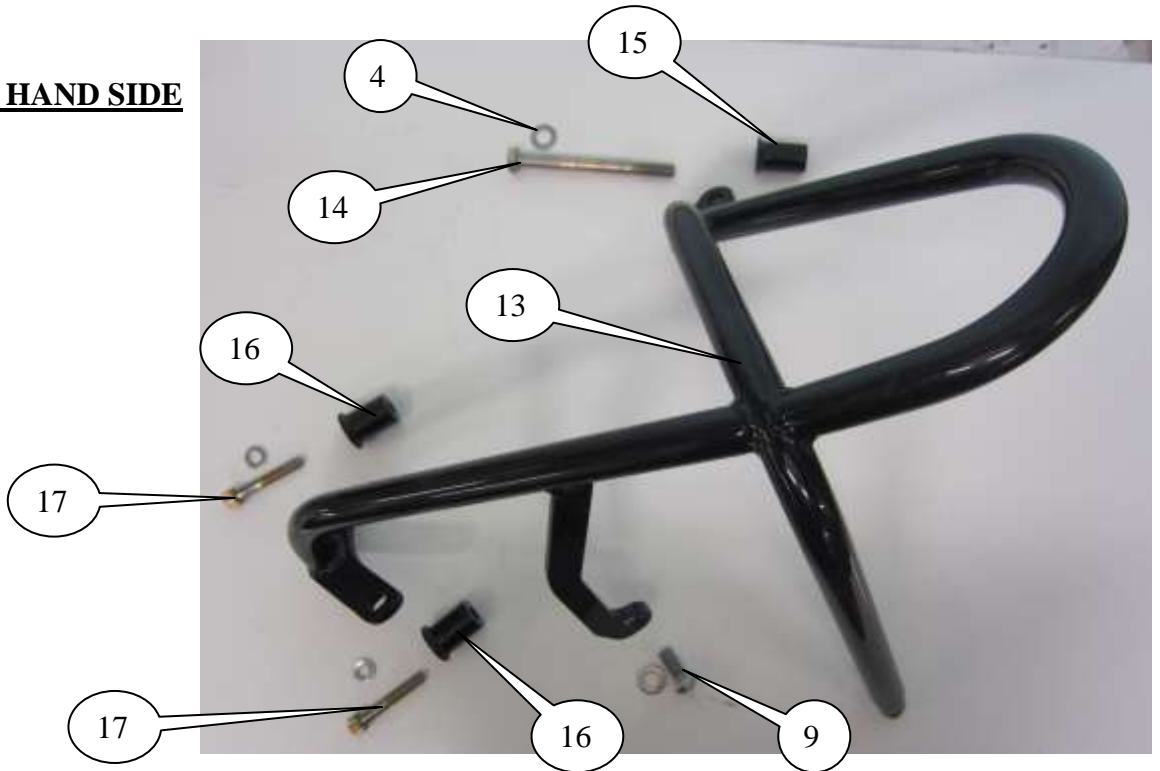


LEFT HAND SIDE

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RIGHT HAND SIDE





LEGEND

- ITEM 1 = ADVENTURE BAR LEFT-HAND SIDE (CB0021) (x1).
ITEM 2 = L-H-S UPPER SPACER (50mm LONG) (S0498) (x1).
ITEM 3 = M10 x 1.5 x 90mm LONG HEX HEAD BOLT (L-H-S UPPER) (x1).
ITEM 4 = M10 WASHERS (x4).
ITEM 5 = M8 x 1.25 x 30mm LONG CAP HEAD BOLT (L-H-S LOWER/REAR) (x1).
ITEM 6 = M8 WASHERS (x4).
ITEM 7 = M8 x 1.25 x 40mm LONG CAP HEAD BOLT (L-H-S LOWER/FRONT) (x1).
ITEM 8 = L-H-S LOWER SPACER (14mm LONG) (S0500) (x1).
ITEM 9 = M10 x 1.5 x 25mm LONG BUTTON HEAD BOLT (L&R-H-S FRONT) (x2).
ITEM 10 = M6 WASHER (x1).
ITEM 11 = M6 NYLOC NUT (x1).
ITEM 12 = M6 x 30mm LONG BUTTON HEAD BOLT (FRONT SPANNING BAR) (x1).
ITEM 13 = ADVENTURE BAR RIGHT-HAND SIDE (CB0022) (x1).
ITEM 14 = M10 x 1.5 x 110mm LONG HEX HEAD BOLT (R-H-S UPPER) (x1).
ITEM 15 = R-H-S UPPER SPACER (35mm LONG) (S0499) (x1).
ITEM 16 = R-H-S LOWER SPACER (30mm LONG) (S0501) (x2).
ITEM 17 = M8 x 1.25 x 50mm LONG CAP HEAD BOLTS (L-H-S LOWER) (x2).

TOOLS REQUIRED

- Socket set to include a 17mm socket and wrench.
- Set of Allen keys to include 4, 5 and 6mm A/F.
 - T55 Torx bit.
- Torque wrench (up to 40Nm).



PICTURE 1



PICTURE 2



PICTURE 3



PICTURE 4



PICTURE 5



PICTURE 6



PICTURE 7



PICTURE 8



PICTURE 9



PICTURE 10



PICTURE 11



PICTURE 12



PICTURE 13



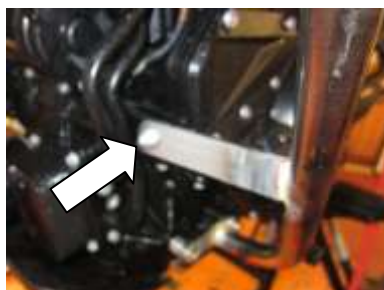
PICTURE 14



PICTURE 15



PICTURE 16



PICTURE 17



PICTURE 18



FITTING INSTRUCTIONS

Right-hand side (as you sit on bike)

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- Remove the original plastic frame insert arrowed in picture 1.
- Undo and remove the bolt arrowed in picture 2, please ensure to keep the original spacer which may fall out as arrowed in picture 3.
- Place the spacer (item 15) into the frame recess as arrowed in picture 5.
- Offer the adventure bars into position as shown in picture 4.
- Place one of the M10 washers (item 4) onto the M10x110mm long hex head bolt (item 14) and through the upper mounting bracket as shown in picture 5 (**please ensure the original frame to engine spacer is in position as original**), do not tighten at this stage.
- Place two of the M8 washers (item 6) onto the M8x50mm long cap head bolts (item 17) and through the two holes in the lower mounting bracket as shown in pictures 7 and 8.
- Place the two spacers (item 16) over the exposed end of the bolts as shown in pictures 7 and 8.
- Engage the two bolts but do not tighten at this stage.
- Place one of the M10 washers (item 4) onto the M10x25mm long button head bolt (item 9) and through the front mounting bracket and engage the thread but do not tighten at this stage as shown in pictures 9, 10 and 11.
- When happy with the position please tighten all bolts evenly.

Left-hand side (as you sit on bike)

- Remove the original plastic frame insert in position arrowed in picture 12.
- Undo and remove the bolt in position arrowed in picture 12.
- Place the spacer (item 2) into the frame recess as arrowed in picture 15.
- Offer the adventure bars into position as shown in picture A, please ensure to align and engage the two open ends of the adventure bars as shown in pictures 13 and 14.
- Place the M6x30mm long button head bolt (item 12) through the adventure bar junction as shown in pictures 13 and 14.
- Place the M6 washer (item 10) and M6 nut (item 11) onto the exposed end of the M6 bolt, do not tighten at this stage.
- Place one of the M10 washers (item 4) onto the M10x90mm long hex head bolt (item 14) and through the upper mounting bracket as shown in picture 15, do not tighten at this stage.
- Place one of the M8 washers (item 6) onto the M8x40mm long cap head bolts (item 7) and through the front-most hole in the lower mounting bracket as shown in picture 16.
- Place the spacer (item 8) over the exposed end of the bolt as shown in picture 16.
- Place one of the M8 washers (item 6) onto the M8x30mm long cap head bolts (item 5) and through the rear-most hole in the lower mounting bracket as shown in picture 16.
- Engage the two bolts but do not tighten at this stage.
- Place one of the M10 washers (item 4) onto the M10x25mm long button head bolt (item 9) and through the front mounting bracket and engage the thread but do not tighten at this stage as shown in pictures 17 and 18.
- When happy with the position please tighten all bolts evenly.

R&G Racing

Unit 1, Shelley's Lane, East Worldham, Alton, Hampshire, GU34 3AQ

Tel: +44 (0)1420 89007 Fax: +44 (0)1420 87301 www.rg-racing.com Email: info@rg-racing.com



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**INSTRUCTIONS DE MONTAGE POUR AB0008BK BARRES AVENTURE
BMW F800GS 2008-**

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PHOTO A



PHOTO B

LE KIT CONTIENT LES ARTICLES EXPOSES CI-DESSOUS, VERIFIER QUE TOUTES LES PIECES SOIENT PRESENTES AVANT DE PROCEDER AU MONTAGE.

Ces instructions de montage sont disponibles sur www.rg-racing.com

**LA FAÇON DONT LE KIT EST EMBALLÉ NE CORRESPOND PAS FORCÉMENT À LA
FAÇON DE MONTER LES PIÈCES SUR LA MOTO.**

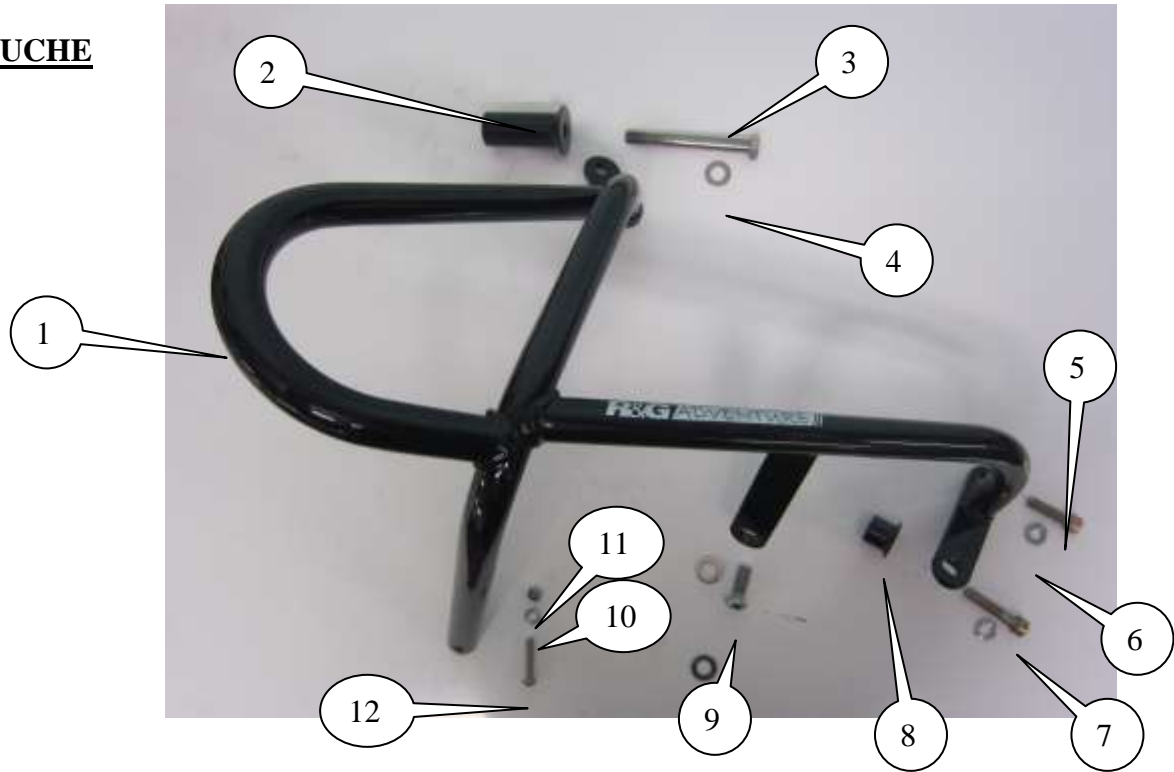
LES PARTIES PRESENTEES PEUVENT ETRE UNIQUEMENT REPRESENTATIVES (POUR LA CLARTE DES INSTRUCTIONS UNIQUEMENT)

COUPLES DE SERRAGE GENERAUX

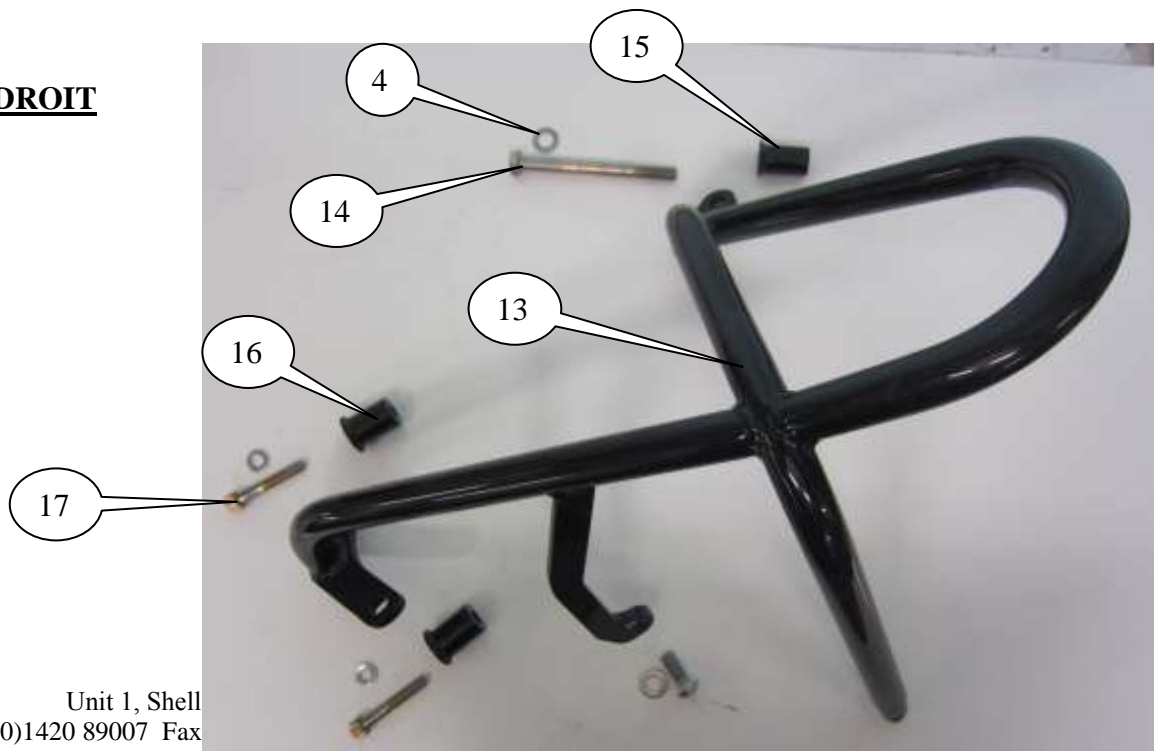
M4 BOULON = 8Nm
M5 BOULON = 12Nm
M6 BOULON = 15Nm
M8 BOULON = 20Nm
M10 BOULON = 40Nm



Page | 8 **COTÉ GAUCHE**



COTÉ DROIT





LEGENDE

- ARTICLE 1 = BARRE AVENTURE COTE GAUCHE (CB0021) (x1).
- ARTICLE 2 = ENTRETOISE SUPERIEURE COTE GAUCHE (50mm DE LONG) (S0498) (x1).
- ARTICLE 3 = M10 x 1.5 x 90mm BOULON (SUPERIEUR COTE GAUCHE) (x1).
- ARTICLE 4 = M10 RONDELLES (x4).
- ARTICLE 5 = M8 x 1.25 x 30mm BOULON (INFERIEUR COTE GAUCHE) (x1).
- ARTICLE 6 = M8 RONDELLES (x4).
- ARTICLE 7 = M8 x 1.25 x 40mm BOULON (INFERIEUR COTE GAUCHE) (x1).
- ARTICLE 8 = ENTRETOISE INFERIEURE COTE GAUCHE (14mm DE LONG) (S0500) (x1).
- ARTICLE 9 = M10 x 1.5 x 25mm BOULON (AVANT GAUCHE ET AVANT DROIT) (x2).
- ARTICLE 10 = M6 RONDELLE (x1).
- ARTICLE 11 = M6 ECROU (x1).
- ARTICLE 12 = M6 x 30mm BOULON (AXE AVANT) (x1).
- ARTICLE 13 = BARRE AVENTURE COTE DROIT (CB0022) (x1).
- ARTICLE 14 = M10 x 1.5 x 110mm BOULON (SUPERIEUR DROIT) (x1).
- ARTICLE 15 = ENTRETOISE SUPERIEURE COTE DROIT (35mm DE LONG) (S0499) (x1).
- ARTICLE 16 = ENTRETOISE INFERIEURE COTE DROIT (30mm DE LONG) (S0501) (x2).
- ARTICLE 17 = M8 x 1.25 x 50mm BOULONS (INFERIEUR COTE GAUCHE) (x2).

OUTILS REQUIS

- Clé à douille 17mm.
- Jeu de clés Allen 4, 5 et 6mm.
 - Clé Torx T55
- Clé dynamométrique (à 40Nm).



PHOTO 1



PHOTO 2



PHOTO 3





PHOTO 4

PHOTO 5

PHOTO 6

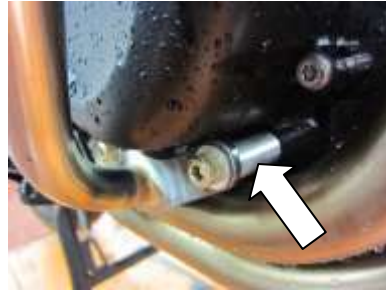


PHOTO 7

PHOTO 8

PHOTO 9



PHOTO 10

PHOTO 11

PHOTO 12



PHOTO 13

PHOTO 14

PHOTO 15

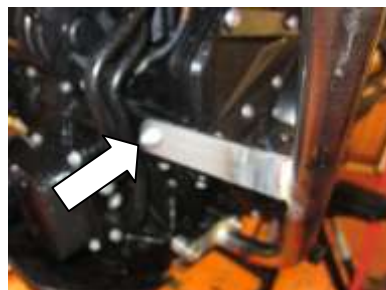


PHOTO 16

PHOTO 17

PHOTO 18



Instructions de montage

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Coté droit (assis sur la moto)

- Enlever l'insert de cadre en plastic d'origine (photo 1).
- Enlever le boulon (photo 2) et veillez à bien conserver l'entretoise d'origine qui peut tomber sur le sol (photo 3).
- Placer l'entretoise (article 15) dans le creux du cadre (photo 5).
- Placer les Barres Aventure en position (photo 4).
- Placer une des rondelles M10 (article 4) sur le boulon M10x110mm (article 14) et à travers le support de fixation supérieur (photo 5) (**Veiller à ce que l'entretoise d'origine du cadre/moteur soit en position comme à l'origine**), ne pas serrer à ce stade.
- Placer 2 des rondelles M8 (article 6) sur les boulons M8x50mm (article 17) et à travers les 2 trous dans le support de fixation inférieur (photos 7 et 8).
- Placer les 2 entretoises (article 16) autour de l'extrémité des boulons (photos 7 et 8).
- Engager les 2 boulons mais ne pas bloquer à ce stade.
- Placer une des rondelles M10 (article 4) sur le boulon M10x25mm (article 9) et à travers le support de fixation avant puis engager le filetage mais ne pas bloquer à ce stade (photos 9, 10 et 11).
- Serrer tous les boulons de façon identique lorsque la position vous convient.

Coté gauche (assis sur la moto)

- Enlever l'insert de cadre en plastic d'origine (photo 12).
- Enlever le boulon (photo 12).
- Placer l'entretoise (article 2) dans le creux du cadre (photo 15).
- Placer les Barres Aventure en position (photo A) et veiller à aligner et engager les 2 ouvertures des Barres Aventure (photos 13 et 14).
- Placer le boulon M6x30mm (article 12) à travers la jonction de Barre Aventure (photos 13 et 14).
- Placer la rondelle M6 (article 10) et l'écrou M6 (article 11) sur l'extrémité du boulon M6, ne pas bloquer à ce stade.
- Placer une des rondelles M10 (article 4) sur le boulon M10x90mm (article 14) et à travers le support de fixation supérieur (photo 15), ne pas bloquer à ce stade.
- Placer une des rondelles M8 (article 6) sur les boulons M8x40mm (article 7) et à travers le trou le plus haut dans le support de fixation inférieur (photo 16).

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- Placer l'entretoiser (article 8) autour de l'extrémité du boulon (photo 16).
- Placer une des rondelles M8 (article 6) sur les boulons M8x30mm (article 5) et à travers le trou le plus reculé dans le support de fixation inférieur (photo 16).
- Engager les 2 boulons mais ne pas bloquer à ce stade.
- Placer une des rondelles M10 (article 4) sur le boulon M10x25mm (article 9) puis à travers le support de fixation avant et engager le filetage sans bloquer à ce stade (photos 17 et 18).
- Serrer tous les boulons de façon identique lorsque la position vous convient

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