

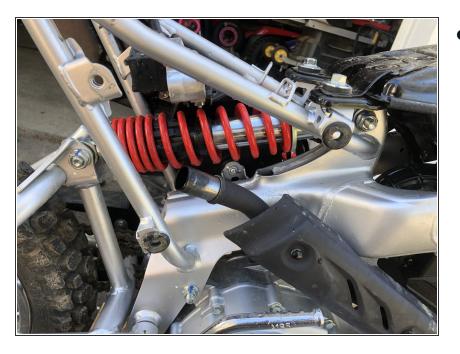
## **HONDA CRF 110F 2019-2020**

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## Step 1 — removing the stock shock



Lift the vehicle using a jack or stand so that the wheels are off the ground. Refer to your vehicle's owner manual for specific instructions on how to remove the stock shocks. Keep your original bolts to re-use when installing your new Elka shocks. You will have to remove the seat, the side panel and the exhaust

## Step 2 — install ELKA shock





- Removing the stock shocks Lift the vehicle using a jack or stand so that the wheels are off the ground. Refer to your vehicle's owner manual for specific instructions on how to remove the stock shocks. Keep your original bolts to re-use when installing your new Elka shocks.
- make sure your rebound ajuster and the introgen valve look up (red circle)

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