

RF400F Service Sheet

Item	After Break In	Every Race	Every Third Or 300 Miles	Every Fifth Or 600 Miles	As Required	Remarks	Notes On Item
ENGINE OIL Replace	X			X			
OIL FILTER Clean	X			X			
VALVES Check The Valve Clearances Inspect Replace	X		X	X	X	The Engine Must Be Cold Check The Valve Seats & Stems For Wear	Inlet Valve: 0.10 - 0.15 mm Exhaust Valve: 0.20 - 0.25mm
VALVE SPRINGS Inspect Replace				X	X	Check The Free Length & The Tilt	
VALVE LIFTERS Inspect Replace				X	X	Check For Scratches & Wear	
CAMSHAFTS Inspect Replace				X	X	Inspect The Camshaft Surface	
CAMSHAFT SPROCKETS Inspect Replace				X	X	Check For Wear On Teeth & Damage	
PISTON Inspect Clean Replace				X	X X X	Inspect Crack & Remove Carbon	
PISTON RING Inspect Replace				X X	X	Check Ring End Gap	

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PISTON PIN Inspect Replace				X	X		
CYLINDER HEAD Inspect & Clean				X		Remove Carbon, Change Gasket	
CYLINDER Inspect & Clean Replace				X	X	Inspect Score Marks, Inspect Wear	
CLUTCH Inspect & Adjust Replace	X	X			X	Inspect Housing, Friction Plate, Clutch Plate & Spring	
TRANSMISSION Inspect Replace Bearing					X X		
SHIFT FORK, SHIFT CAM, GUIDE BAR Inspect					X	Inspect Wear	
ROTOR NUT Retighten	X			X			
MUFFLER Inspect & Retighten Clean Replace	X	X		X	X	* Whichever Comes First	
* SPARK ARRESTER Clean					X	Every 6 months	NA UK BIKES
CRANK Inspect & Clean				X	X		

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CARBURETTOR Inspect, Adjust and clean	X	X				When Using High Pressure Washer, Make Sure That Water Does Not Enter The Accelerator Pump	
SPARK PLUG Inspect & Clean Replace	X		X		X		
DRIVE CHAIN Lubricate, slack, alignment Replace	X	X			X	Use Chain Lube Chain Slack 40-50 mm	
COOLING SYSTEM Check coolant level and leakage Check radiator cap operation Replace coolant Inspect hoses	X	X X			X X	Every Two Years	
OUTSIDE NUTS & BOLTS Retighten	X	X				Refere To Starting & Break In Section Chapter 1	
AIR FILTER Clean & Lubricate Replace	X	X			X	Use Foam Air-Filter Oil	
OIL STRAINER (Frame) Clean				X			
FRAME Clean & Inspect	X	X					
FUEL TANK, COCK Clean & Inspect	X		X				

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BRAKES							
Adjust lever position & height	X	X					
Lubricate pivot point	X	X					
Check brake disc surface	X	X					
Check fluid level & leakage	X	X					
Retighten brake disc bolts, caliper bolts, master cylinder bolts & union bolts	X	X					
Replace Pads					X	Note Pad Thickness	
Replace Brake Fluid					X	Every One Year	
FRONT FORKS							
Inspect & Adjust	X	X					
Replace Oil	X			X		Suspension Oil "01"	
Replace Oil Seal					X		
FRONT FORK OIL SEAL & DUST SEAL							
Clean & Lube	X	X				Lithium Based Grease	
REAR SHOCK ABSORBER							
Inspect & Adjust	X	X					
Lube			X		after rain ride X	Molybdenum Disulfide Grease	
Retighten	X	X					
CHAIN GUIDE & ROLLERS							
Inspect	X	X					
SWINGARM							
Inspect, Lube and Retighten	X	X				Molybdenum Disulfide Grease	
RELAY ARM, CONNECTING ROD							
Inspect, Lube, Retighten	X	X				Molybdenum Disulfide Grease	

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STEERING HEAD Inspect freeplay & retighten Clean & lube Replace Bearing	X	X		X	X	Lithium Based Grease	
TYRE, WHEELS Inspect Air Pressure, Wheel Run Out, Tyre Wear & Spoke Looseness Retighten Sprocket Bolt Inspect bearings Replace Bearings Lubricate	X X	X X	 X X		 X	 Lithium Based Grease	
THROTTLE CONTROL CABLE Check routing & connection Lubricate Inspect & Clean (Throttle cable)	X X X	X X X				Yamaha cable lube or SAE 10W-30 Motor Oil Inspect Dirt & Wear On The Throttle Cable On The Carburetor Side	
Completed By			Date			Mileage	Reg No

OTHER NOTES