

HONDA

FLYWHEEL WEIGHT RECOMMENDATION GUIDE

CRF 500
 CRF 450F 02-03
 CRF 450F 04-08
 CRF 450F 09-10
 CRF 250
 CRF 250 03-07
 CRF 125 88-02
 CRF 125 04-07
 CRF 125 07-03
 CRF 80/85 90-00
 CRF 85 05-08
 CRF 250F 96-04
 CRF 250F
 CRF 150F

Smooth Power Lovers, Novice Trail Riders,
Technical Trails

15 9 17 17 9 12 14 10 9 12 10 11 15 12 9

Intermediate Woods Racers, Intermediate
Trail Riders

15 9 15 17 9 10 12 8 7 10 10 9 13 10 9

Aggressive Woods Riders, Desert Riders,
Novice & Vet MX Riders

13 9 13 17 9 8 10 6 7 8 10 7 11 8 7

MX, SX, Aggressive Desert Riders,
Extremely Aggressive Woods Riders

11 9 11 6 8 9 8 7

Flywheel Weight
Size [oz.]

These recommendations are based on our opinion. It is just a general guide so personal preference, riding ability, and bike setup should be considered.

KAWASAKI

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	KX 500	KX 450F	KX 250	KX 250 98-07	KX 250F 83-97	KX 250F 04-08	KDX 200, 09-10	KX 125	KX 125 98-07	KX 85, 100, 80, 97-97	Flywheel Weight Size [oz.]
Smooth Power Lovers, Novice Trail Riders, Technical Trails	14	13	13	12	7	6	9	10	9	12	12
Intermediate Woods Racers, Intermediate Trail Riders	14	11	11	12	7	6	7	10	7	10	10
Aggressive Woods Riders, Desert Riders, Novice & Vet MX Riders	14	9	9	10	5	4	5	7	8	8	
MX, SX, Aggressive Desert Riders, Extremely Aggressive Woods Riders		7	7	8							

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KTM

FLYWHEEL WEIGHT RECOMMENDATION GUIDE

Smooth Power Lovers, Novice Trail Riders,
Technical Trails

Intermediate Woods Racers, Intermediate
Trail Riders

Aggressive Woods Riders, Desert Riders,
Novice & Vet MX Riders

MX, SX, Aggressive Desert Riders,
Extremely Aggressive Woods Riders

	250 2-T OFF ROAD EARLY 00-02	250 2-T OFF ROAD 04-07	300-380 01-03	300 LATE MODEL	200 97-10	250SX 97-06	125, 144, 250SX 07-10	250-450 SX 07-10	4-STROKE SX 02-06	4-STROKE SX-F 07-10	4-STROKE SX 02-06	4-STROKE E/MXC 00-04	4-STROKE E/MXC 05-07	KTM MINI
Smooth Power Lovers, Novice Trail Riders, Technical Trails	12	11	12	11	12	12	11	10	8	18	9	12	7	
Intermediate Woods Racers, Intermediate Trail Riders	12	11	12	11	9	10	9	8	8	18	7	10	7	
Aggressive Woods Riders, Desert Riders, Novice & Vet MX Riders	9	9	9	9	9	8	9	6	8	10	4	7	7	
MX, SX, Aggressive Desert Riders, Extremely Aggressive Woods Riders						6		6	8	10	-10	-7		

Flywheel Weight
Size [oz.]

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SUZUKI

FLYWHEEL WEIGHT RECOMMENDATION GUIDE

Smooth Power Lovers, Novice Trail Riders,
Technical Trails

Intermediate Woods Racers, Intermediate
Trail Riders

Aggressive Woods Riders, Desert Riders,
Novice & Vet MX Riders

MX, SX, Aggressive Desert Riders,
Extremely Aggressive Woods Riders

	RM-N 450	RM 250	RM 250	RM 250	RM 250	RM-N 250	RM 125	RM 125	RM 60, 65, 100
Smooth Power Lovers, Novice Trail Riders, Technical Trails	10	10	13	12	10	7	10	10	12
Intermediate Woods Racers, Intermediate Trail Riders	10	10	11	10	10	7	8	8	10
Aggressive Woods Riders, Desert Riders, Novice & Vet MX Riders	10	8	9	8	8	5	6	9	8
MX, SX, Aggressive Desert Riders, Extremely Aggressive Woods Riders		6	7	6	6				

Flywheel Weight
Size [oz.]

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YAMAHA

FLYWHEEL WEIGHT RECOMMENDATION GUIDE

Smooth Power Lovers, Novice Trail Riders,
Technical Trails

Intermediate Woods Racers, Intermediate
Trail Riders

Aggressive Woods Riders, Desert Riders,
Novice & Vet MX Riders

MX, SX, Aggressive Desert Riders,
Extremely Aggressive Woods Riders

	YFZ 150F 06-08	YFZ 150F 09-08	YFZ 150F 09-08	YFZ 150F 09-08	YFZ 150F 09-08	YFZ 150F 09-08	YFZ 150F 09-08	YFZ 150F 09-08	YFZ 150F 09-08	YFZ 150F 09-08	YFZ 150F 09-08	YFZ 150F 09-08	YFZ 150F 09-08	YFZ 150F 09-08
Smooth Power Lovers, Novice Trail Riders, Technical Trails	9	16	10	12	10	12	13	13	13	13	11	12	11	12
Intermediate Woods Racers, Intermediate Trail Riders	9	13	10	12	10	12	10	11	11	11	9	10	9	10
Aggressive Woods Riders, Desert Riders, Novice & Vet MX Riders	9	10		10	8	10	7	9	9	9	7	8	7	8
MX, SX, Aggressive Desert Riders, Extremely Aggressive Woods Riders	5	7		10	8	8	6	9	7	9				

Flywheel Weight
Size [oz.]

These recommendations are based on our opinion. It is just a general guide and personal preference, riding ability, and bike setup should be considered.